

**OVER 400 activities inside!!**

*July - December 2015*

# **ABQ 50+** **Activities** *Catalog*



**GET INTO THE ACT.**

**Richard J. Berry**  
Mayor



CITY OF ALBUQUERQUE

DEPARTMENT OF



BERNALILLO COUNTY

SENIOR AFFAIRS



**Jorja Armijo-Brasher**  
Director

**A Catalog of Classes, Special Events, Support Groups, Trips, Fitness Activities and MUCH MORE!!**



# Something for Everyone!



Dear Friends,  
It's great that you have the latest edition of the Activities Catalog for the Department of Senior Affairs. In May, we celebrated Older Americans Month and I had the privilege of honoring hundreds of volunteers who serve our community on a daily basis. The 2015 theme for Older Americans Month was, "Get into the Act!"; and this catalog will give you plenty of ideas for how to "Get into the Act" in Albuquerque. Within the pages of this catalog, you can find out how you can

volunteer or take classes with the Department of Senior Affairs, or even go on trips with friends!

In April, some Albuquerque seniors got into the act by performing in Tarde de Oro, an exciting show that highlighted New Mexico music and dance. The Department of Senior Affairs partnered with Frances Lujan to offer dance classes to seniors at various senior/multigenerational centers. Participants in the dance classes had the opportunity to showcase what they learned in front of our community during the Tarde de Oro performances at the National Hispanic Cultural Center. These classes allowed seniors an excellent socialization opportunity as well as a fun way to engage in a fitness activity.

On May 15, 2015, I joined the Department of Senior Affairs Director, Jorja Armijo-

Brasher, and the community to open the new North Valley Senior Center Fitness Room. The new fitness room is approximately 1,600 square feet and includes state-of-the-art fitness equipment including treadmills, recumbent bikes, elliptical machines, recumbent steppers, leg presses, and more. Exercise is beneficial to everyone and this new addition to the senior center will make exercising more accessible to seniors in our community.

Please visit one of our centers or call the Senior Information Hotline at (505) 764-6400 to learn more about the variety of services and programs that the Department of Senior Affairs offers; Get into the Act!

Richard J. Berry  
Mayor

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*Come make it  
another banner year!*



Dear Friends,  
This is an exciting year for seniors. The Older Americans Act is celebrating its 50th Anniversary and the focus is on older adults taking charge of their health, getting engaged in their communities and making a positive

impact on the lives of others.


At every stage of our lives we have the choice of "sitting this one out" or "getting into the act." This year senior members enjoyed "Getting Into

the Act." From March through May, over 300 seniors participated in the local Senior Olympic Games. Ninety senior athletes went on to represent the City of Albuquerque in the State Senior Olympics held in Roswell in June. I invite you to look through this catalog and become involved in the Department of Senior Affairs. This catalog embraces the very essence of engaging and embracing life regardless of your age and there are many ways to "Get Into the Act." Become a member of the Department of Senior Affairs and take a class, participate in an activity, join the Senior Olympics, volunteer at one of the centers, become a Foster Grandparent, go on a trip and see new sites, or come to a dance and meet new people. I invite you

to take a look inside this catalog and see the many programs, classes, activities, trips, special events, groups, and fitness activities that the Department has to offer at our six Senior Centers, two Multigenerational Centers, and four Sports and Fitness facilities.

When we chose to act, we not only enrich our own lives, we also impact someone else's life. Please join us at any one of our facilities and embrace aging. I challenge you to "Get Into the Act!"

Jorja-Armijo Brasher  
Director

City of Albuquerque, Richard J. Berry, Mayor  Robert J. Perry, Chief Administrative Officer  Michael J. Riordan, P.E., Chief Operations Officer  Jorja Armijo-Brasher, Director, Department of Senior Affairs  Rhonda Methvin, Recreation Division Manager	<b>Department of Senior Affairs Advisory Council</b>  Debby Knotts , Chairman Susan White Greg Lopez Marianne Chiffelle Mabel Padilla John Romisher	<b>City Councilors</b>  District 1    Ken Sanchez  District 2    Isaac Benton  District 3    Klarissa J. Peña  District 4    Brad Winter, VP  District 5    Dan Lewis	  District 6    Rey Garduño, President  District 7    Diane G. Gibson  District 8    Trudy E. Jones  District 9    Don Harris	
	The City of Albuquerque/Bernalillo County Department of Senior Affairs Administrative Offices are located at 714 7th Street SW. Program inquiries may be directed to 764-6400.			

# Center Directory

## Barelas

714 7th St. SW, Alb, NM 87102  
Phone: 764-6436 • Fax: 764-6472  
Monday–Friday, 8:00 am–5:00 pm

## Bear Canyon

4645 Pitt NE, Alb, NM 87111  
Phone: 767-5959 • Fax: 767-5964  
M,T,W,F 8:00 am - 5:00 pm  
Thursday, 8:00 am - 9:00 pm  
Saturday, 9:00 am - 3:00 pm  
Thursday Night Dance 6:00 - 8:55 pm

## Highland

131 Monroe NE, Alb, NM 87108  
Phone: 256-2000 • Fax: 256-2004  
M,W,Th,F 8:00 am - 5:00 pm  
Wednesday, 8:00 am - 7:00 pm  
Saturday, 10:00 am - 4:00 pm

## Los Volcanes

6500 Los Volcanes NW, Alb, NM 87121  
Phone: 767-5999 • Fax: 767-5992  
M,T,W,F 8:00 am - 5:00 pm  
Thursday, 8:00 am - 7:00 pm  
Saturday, 9:00 am - 1:00 pm  
Hotspot Gift Shop  
Mon. - Fri., 9:00 am - 1:00 pm

## North Valley

3825 4th St. NW, Alb, NM 87107  
Phone: 761-4025 • Fax: 761-4031  
M,W,Th,F, 8:00 am - 5:00 pm  
Tuesday, 8:00 am - 7:00 pm  
Sunday 12:30 - 4:30 pm

## Palo Duro

5221 Palo Duro NE, Alb, NM 87110  
Phone: 888-8102 • Fax: 888-8107  
M,T,Th,F, 8:00 am - 5:00 pm  
Wednesday, 8:00 am - 7:00 pm  
Saturday, 9:00 am - 1:00 pm  
Desert Willow Gift Shop  
Monday–Friday, 9:00 am - 2:00 pm

## Multigenerational Centers

### Manzano Mesa

#### Multigenerational Center

501 Elizabeth SE, Alb, NM 87123  
Phone: 275-8731 • Fax: 275-8734  
Monday - Friday, 8:00 am - 9:00 pm  
Saturday, 9:00 am - 3:00 pm



*Mission:*  
The Department of Senior Affairs is a community leader, who in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

## North Domingo Baca Multigenerational Center

7521 Carmel Ave. NE, Alb., NM 87113  
Phone: 764-6475 Fax: 764-6489  
Monday - Friday, 8:00 am - 9:00 pm  
Saturday, 9:00 am - 3:00 pm

### Breakfast at the Centers

Enjoy a full menu breakfast Mon. - Fri., 8:00–9:00 am at all of our centers. On occasion, meal service may be cancelled. Check with the front desk for schedule changes.

## Barelas, Los Volcanes, North Domingo Baca, North Valley, Manzano Mesa

Reserve by 1:00 pm one work day prior.  
Mon - Fri, 11:30 am - 1:00 pm  
\$3.25 for 50 - 59, \$7.67 for guests under 50 (including children) If you are 60 or older, donations are accepted to help cover the expense of preparing the meal, however no one will be denied services for choosing not to donate.

## Bear Canyon, Highland, Palo Duro

Monday–Friday, 11:30 am - 1:00 pm  
\$3.25 for seniors, \$7.67 for guests under 50 (including children)

## Fitness Centers

Call 880-2800 for Fitness Center information.

### Palo Duro 50+ Sports and Fitness Center

3351 Monroe NE  
Albuquerque, NM 87110  
Phone: 880-2800 • Fax: 883-9362  
Monday - Friday, 7:00 am - 7:00 pm  
Saturday, 8:00 am - 2:00 pm

### Los Volcanes Joe O. Armijo 50+ Sports and Fitness Center

6500 Los Volcanes NW  
Albuquerque, NM 87121  
Phone: 767-5985  
Monday - Friday, 7:00 am - 7:00 pm  
Saturday, 8:00 am - 2:00 pm

**For Information  
and Assistance  
call 764-6400**





# Center Directory Continued

## Meal Sites

Sites are generally open Mon.–Fri., 9 am–3 pm, and offer activities as well as a hot meal for lunch. Lunch reservations are required. Menus and activities calendars are available. Suggested contributions: 60 and older: Donation; 50-59: \$3.25/meal; under age 50: \$7.67/meal. Limited transportation for neighborhood residents is available to some sites. Call below for information.

### Nutrition Program Office

2540 Karsten Ct. SE, Alb, NM 87102  
764-6474

### Alameda Satellite

Raymond G. Sanchez Community Center  
9800 4th Street NW, Alb, NM 87114  
897-8896  
[www.my.calendars.net/alamedamealsite](http://www.my.calendars.net/alamedamealsite)

### Armijo Satellite

1714 Centro Familiar SW, Alb, NM 87105  
873-0047  
[www.my.calendars.net/armijomealsite](http://www.my.calendars.net/armijomealsite)

### Embudo Towers

8010 Constitution NE, Alb, NM 87110  
764-6467

### Encino Garden

412 Alvarado SE, Alb, NM 87108  
764-6467

### Encino Terrace

609 Encino Place NE, Alb, NM 87102  
764-6467

### South Valley Multipurpose Senior Center

2008 Larrazolo SW, Alb, NM 87105  
468-7604

### La Amistad

415 Fruit NE, Alb, NM 87102  
848-1395

### Cesar Chavez Community Center

7505 Kathryn Ave SE, Alb, NM 87108  
256-2680

### Los Duranes Community Center

2920 Leopoldo NW, Alb, NM 87107  
767-5900

### Tijeras Senior Center

#10 Tijeras Ave, Tijeras, NM 87059  
286-4220

### Pajarito

6080 Isleta Blvd SW, Alb, NM 87105  
873-6617

### Paradise Hills

5901 Paradise Blvd NW, Alb, NM 87114  
314-0246

### Rio Bravo

3910 Isleta Blvd SW, Alb, NM 87105  
873-6647

### Shalom House

5500 Wyoming NE, Alb, NM 87109  
823-1434

### Taylor Ranch Community Center

4900 Kachina St NW, Alb, NM 87120  
768-6006

### Thomas Bell Community Center

3001 University SE, Alb, NM 87106  
848-1333

### Wainwright Manor

5601 Gibson SE, Alb, NM 87108  
764-6467

### Whispering Pines

#6 Lark Road, Tijeras, NM 87059  
281-8003



**See Pages 43 - 45 for  
Satellite Center Activities!!**

**Enjoy good food, good company,  
and great entertainment!**

Satellite Centers provide social activities as well as healthy and well-balanced noon meals for individuals over 60. Transportation to Satellite Centers may be arranged and are provided on a donation basis. The meals meet 1/3 of the USDA recommended dietary allowances and nutrition education is provided.

**Volunteer Today!**

LEAD. INSPIRE. CHANGE THE WORLD... AGAIN.



**We offer a wide variety of  
volunteer opportunities.**

Do you have time, talents, skills, or  
hobbies you would like to share?  
If you do, please call the RSVP office  
at **767-5225**

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)



# Senior Affairs and Cultural Services At a Glance

## Libraries

1. **Alamosa Library**  
6900 Gonzales SW • 836-0684
2. **Cherry Hills Library**  
6901 Barstow NE • 857-8321
3. **East Mountain Library**  
1 Old Tijeras Rd. • 281-8508
4. **Erna Fergusson Library**  
3700 San Mateo NE • 888-8100
5. **Ernie Pyle Library**  
900 Girard SE • 256-2065
6. **Juan Tabo Library**  
3407 Juan Tabo NE • 291-6260
7. **Lomas Tramway Library**  
908 Eastridge NE • 291-6295
8. **Los Griegos Library**  
1000 Griegos Rd. NW • 761-4020
9. **Main & Genealogy Library**  
501 Copper NW • 768-5141
10. **North Valley Library**  
7704-B 2nd St. NW • 897-8823
11. **San Pedro Library**  
5600 Trumbull SE • 256-2067
12. **South Broadway Library**  
1025 Broadway SE • 764-1742
13. **South Valley Library**  
3904 Isleta SW • 877-5170
14. **Special Collections Library**  
423 Central NE • 848-1376
15. **Taylor Ranch Library**  
5700 Bogart NW • 897-8816
16. **Tony Hillerman Library**  
8205 Apache NE • 291-6264
17. **Westgate Library**  
1300 Delgado SW • 833-6984

## Satellite Senior Centers/Meal Sites

- |   |   |  |
|---|---|--|
| 1. <b>Raymond G. Sanchez</b><br>Comm. Ctr. • 897-8896<br>9800 4th Street NW   | 7. <b>La Amistad</b> • 848-1395<br>415 Fruit NE                           | 13. <b>Shalom House</b> • 823-1434<br>5500 Wyoming NE                        |
| 2. <b>Armijo</b> • 873-0047<br>1714 Centro Familiar SW                        | 8. <b>Cesar Chavez Comm.</b><br>Center • 256-2680<br>7505 Kathryn Ave SE  | 14. <b>Taylor Ranch Community</b><br>Center • 768-6006<br>4900 Kachina St NW |
| 3. <b>Embudo Towers</b> • 764-6467<br>8010 Constitution NE                    | 9. <b>Tijeras Senior</b><br>Center • 286-4220<br>#10 Tijeras Ave, Tijeras | 15. <b>Thomas Bell Community</b><br>Center • 848-1333<br>3001 University SE  |
| 4. <b>Encino Garden</b> • 764-6467<br>412 Alvarado SE                         | 10. <b>Pajarito</b> • 873-6617<br>6080 Isleta Blvd SW                     | 16. <b>Wainwright Manor</b> • 764-6467<br>5601 Gibson SE                     |
| 5. <b>Encino Terrace</b> • 764-6467<br>609 Encino Place NE                    | 11. <b>Paradise Hills</b> • 314-0246<br>5901 Paradise Blvd NW             | 17. <b>Whispering Pines</b> • 281-8003<br>#6 Lark Road, Tijeras              |
| 6. <b>South Valley Multipurpose</b><br>Center • 468-7604<br>2008 Larrazolo SW | 12. <b>Rio Bravo</b> • 873-6647<br>3910 Isleta Blvd SW                    | 18. <b>Los Duranes</b> • 767-5900<br>2920 Leopoldo NW                        |

## Cultural Venues

1. **The KiMo Theatre**  
768-3544 • 423 Central Ave. NW
2. **Old Town**  
Just NE of Rio Grande & Central
3. **South Broadway**  
Cultural Center • 848-1320  
1025 Broadway Blvd SE
4. **The Albuquerque Museum**  
of Art & History • 243-7255  
2000 Mountain Road NW
5. **Anderson-Abruzzo**  
Albuquerque International  
Balloon Museum • 880-0500  
9201 Balloon Museum NE

## Senior Centers



**Baretas**  
714 7th St. SW  
764-6436



**Bear Canyon**  
4645 Pitt NE  
767-5959



**Highland**  
131 Monroe NE  
256-2000



**Los Volcanes**  
6500 Los Volcanes  
NW 767-5999



**North Valley**  
3825 4th St. NW  
761-4025



**Palo Duro**  
5221 Palo Duro NE  
888-8102

## Multigenerational Centers



**Manzano Mesa**  
501 Elizabeth SE  
275-8731



**N. Domingo Baca**  
7521 Carmel Ave. NE  
764-6475

## 50+ Sports & Fitness Centers



**Palo Duro**  
3351 Monroe NE  
880-2800



**Los Volcanes**  
6500 Los Volcanes  
NW 839-3710



# Great Partnership

## Presenting Albuquerque's Rich Cultural Tapestry

What a perfect complement to one another—Senior Affairs and Cultural Services! In this Activities Catalog, the Department of Senior Affairs and the Cultural Services Department join together to show our fine city's rich variety of activities and services available to seniors and their families.

### City of Albuquerque Department of Senior Affairs

The City of Albuquerque, Department of Senior Affairs, has been serving Albuquerque and Bernalillo County residents for more than forty years. Through innovative programs and quality services, the department has evolved into an exemplary model, dedicated to enriching and improving the lives of our community's senior population.

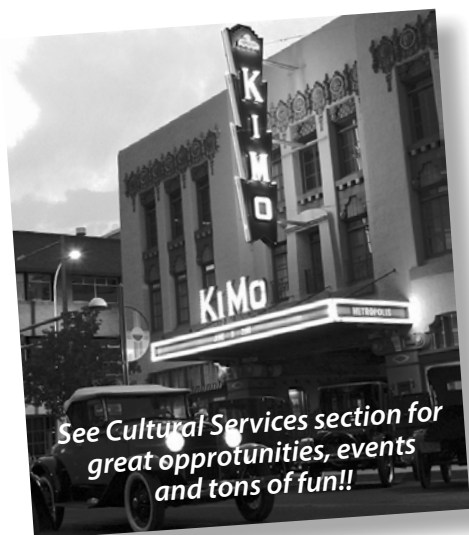
Senior Affairs offers people age 50 and older a wide-array of services and opportunities. From services for active and healthy seniors to services for frail, homebound elderly, we provide activities and opportunities to involve you in our community and to promote active, healthy aging, as well as a continuum of care specially designed to meet individual needs throughout the aging spectrum.

**Membership:** Any person wishing to participate at a senior center is required to obtain a membership card. Membership is \$13 a year and is valid at all six senior centers in Albuquerque, and the Manzano Mesa and North Domingo Baca Multigenerational Centers and all 50+ Sports & Fitness Centers. People who are 50 years and older may become center members; spouses of members, even if they are younger than 50 may also become members. Individuals can be as young as six years old to become a member of a multigenerational center.

CITY OF ALBUQUERQUE  
CULTURAL SERVICES  
DEPARTMENT

### City of Albuquerque Cultural Services Department

City of Albuquerque, Cultural Services Department, oversees management of Albuquerque's Public Libraries, BioPark, Museums, the KiMo Theatre, and more.



Cultural Services also hosts special events during the year throughout the city. Cultural Services At a Glance:

- Albuquerque/Bernalillo County Library System
- ABQ BioPark: Albuquerque Aquarium, Rio Grande Botanic Garden, Rio Grande Zoo, Tingley Beach
- Albuquerque Museum of Art and History
- Anderson-Abruzzo Albuquerque International Balloon Museum
- Harry E. Kinney Civic Plaza
- KiMo Theatre
- Old Town – New Fun
- South Broadway Cultural Center
- Special Events
- GOV TV Channel 16
- Public Art Urban Enhancement Program

**Mission:** The mission of the Cultural Services Department is to enhance the quality of life in the City by celebrating Albuquerque's unique history and culture, and providing services, entertainment, programs, and collections that improve literacy, economic vitality, and learning in state of the art facilities that enrich City life and increase tourism to Albuquerque.

## Using This Catalog

If you have a membership (only \$13 a year) at one location, and are over age 50, you are entitled to participate in all of our centers. If a trip or class is filled at your home center, a similar trip or class may be available to you at another.

Our Multigenerational Centers are for seniors, youth and the entire community age 6 and older. For only \$13 you can join our Multigenerational Centers. Currently we have two, Manzano Mesa and North Domingo Baca Multigenerational Center. Both centers have fitness rooms, classrooms, and meeting rooms. Manzano Mesa has a gymnasium and a water spraypark, a fully automated aquatic play environment where all ages can get wet during the hot summer months.

The activities in this catalog are especially designed for those age 50 and older. Programs funded by the Older Americans Act and the Area Agency on Aging (Home Delivered Meals, Transportation, and Care Coordination) have a minimum age of 60.

Some classes and trips require a fee. Other services, including lunch at our mealsites, may request a donation or nominal fee; however, no one is denied services for not contributing. For information on accessing other services, call Senior Information at 764-6400.

Unless otherwise noted:

- Activities are free with membership.
- Trip and class sizes are limited.
- Meals are at your expense.
- Activities are first-come first-served
- Unless there is alternative contact information in the listing, most activities require advanced reservations; Call the host center for more information (a center directory is on page 3).
- Activities leave from or take place at the host center.
- Return times are approximate.

Class fees are usually payable to the instructor at the first class.





## AARP Defensive Driving

This one day, four-hour class provides techniques for coping with changes in vision, hearing and reaction time, along with a "rules of the road" review. No tests are involved. \$15 for AARP members, \$20 for non-members. Make check payable to AARP and bring it to class. (Cash not accepted). Call for dates and to register.

### Barelas, Lead & Coal

3rd Wednesday, 1:00 - 4:45 pm

### Bear Canyon, Room 5

3rd Thursday, 12:00 - 4:00pm

1st Saturday, 9:30 am - 1:30 pm

### Highland, Room 7

1st Thursday, 12:15 - 4:15 pm

2nd Saturday, 10:30 am - 2:30 pm

### Los Volcanes, Room 2

1st Monday, 9:00 am - 1:15 pm

### Manzano Mesa, Room 5

1st & 3rd Saturday, 9:00 am - 1:00 pm

### N. Domingo Baca, Community Room

1st Saturday, 10:30 am - 2:30 pm

### North Valley, Room 4

1st Monday, 12:30 - 4:30 pm

(Spanish speaking)

Will schedule as needed

### Palo Duro, Ponderosa Pine

1st Friday, 8:30 am - 12:30 pm

## Center Closings



### Summer/Fall 2015

Barelas.....	July 13 - 17
Bear Canyon.....	Sept. 14 - 18
Highland.....	Aug. 17 - 21
Los Volcanes.....	Aug. 24 - 28
Los Volcanes Fitness Ctr. ....	Jul. 20 - 24
Manzano Mesa.....	Aug. 3 - 7
Manzano Mesa Fitness Ctr....	Jul. 27 - Aug. 1
North Domingo Baca.....	Aug. 10 - 15
North Valley.....	July 6 - 10
Palo Duro.....	July 27 - 31
Palo Duro Fitness Ctr. ....	Sept. 7 - 11

### Holiday Closings:

Fourth of July.....	Jul. 3 & 4
Labor Day.....	Sept. 7
Veteran's Day.....	Nov. 11
Thanksgiving.....	Nov. 26-27
Christmas Day.....	Dec. 25
New Year 2016.....	Jan. 1

## Center Shops & Markets

### Flea Markets at the Centers

Find special bargains, treasures and satisfy your sweet tooth. Reserve your table at the front desk.

#### Barelas, Social Hall

Thursday, 8:00 am - 1:00 pm, \$2 table

#### Bear Canyon, Multi-purpose

May - September

Monday, 10:00 am - 2:00 pm, \$5 table

#### Highland, Lobby (Arts Mart)

Monday 7:30 am setup

8:00 am - 1:00 pm, \$2 rental

#### Los Volcanes, Lobby

Tuesday, 8:30 - 11:30 am,

Friday, 8:30 - 11:30 am, \$2 rental

#### Manzano Mesa, Outdoors

1st Friday, May - October

8:00 am - 12:00 pm, \$2 rental

#### North Valley

Wednesday, 8:00 am - 12:00 pm

\$1, \$1.50, \$2 rentals

#### Pajarito Meal Site

1st Friday, 9:00 am - 12:00 pm, \$1 rental

#### Palo Duro

Tuesday, 8:30 am - 12:00 pm

(Nov. & Dec. only) \$2 Rental

### Gift Shops

Buy a gift made by a senior. You must be a center member to sell.

#### Los Volcanes, Hot Spot Gift Shop

Monday - Friday, 9:00 am - 1:00 pm

#### Palo Duro, Desert Willow Gift Shop

Monday - Friday, 9:00 am - 2:00 pm

## Friendship Coffee

Chat with old friends and make new ones over coffee and a special treat.

#### Barelas, Social Hall

Wednesday, 9:30 - 10:30 am

#### Bear Canyon, Social Hall

Tuesday, 9:30 - 10:30 am

#### Highland, Lobby

Tuesday, 10:00 - 11:00 am

#### Los Volcanes, Social Hall

Thursday, 10:00 - 11:00 am

#### Manzano Mesa, Social Hall

Thursday, 10:00 - 11:00 am

#### North Valley, Social Hall

Times vary, call for info.

#### Palo Duro, Cottonwood

Wednesday, 9:15 - 10:15 am



### Americans with Disabilities Act:

The City of Albuquerque does not discriminate on the basis of race, color, national origin, ancestry, sex, religion, age or disability in employment or provision of services. If you have a disability and will need special assistance to benefit from an activity or trip offered by a senior center, please call that location at least two weeks prior to that event.

## Health

### Medicare Assistance

#### North Valley

Call for appointment

761-4025

### Ask the Doctor

Discuss medical problems covering diagnosis, treatment and recovery.

### Blood Pressure Screening

#### Bear Canyon, Room 2

Wednesday, 9:00 - 11:00 am

#### Highland, Room 8

Friday, 9:30 - 11:30 am

#### Palo Duro, Aspen

Monday, 9:30 - 11:30 am



### GEHM Clinic

Call for dates

Barelas, Lobby

Highland, Room 3

Los Volcanes, Social Hall

Manzano Mesa, Lobby

N. Domingo Baca, Lobby

North Valley, Room 1

# General Information



#### Health, con't.

##### Hearing

##### Hearing Aid Technician

Sandia Hearing Aids offers hearing aid technician services including maintenance, cleaning, changing batteries, wax removal and checking function. For all models—\$2 per hearing aid.

**Los Volcanes**  
2nd Tuesday  
9:00 - 10:00 am



##### Lip Reading

**Bear Canyon, Room 5**  
Monday, 12:30 - 1:30 pm  
\$5 materials, no registration required  
Jean Dugas

#### Legal Clinic

##### Senior Citizen Law Office

Provides general legal information. Divorces, wills, and criminal issues are not included. Info: 265-2300.

**Highland, Room 7**  
3rd Tues, 1:00 - 3:00 pm

**Los Volcanes, Room 1**  
4th Thursday, 10:00 am - 12:00 pm

**North Valley, Room 4**  
3rd Thursday, 9:00 - 11:00 am

Advance Directive Workshop  
(Powers of Attorney, Cremation Authorization, EMS/DNR)



#### Shopping Trips from Barelas

50¢ transportation.  
Sign up at front desk.

**Barelas**  
**Wal-Mart Superstore**  
Monday, 9:30 - 11:30 am



#### Volunteer Opportunities

If you have time, talents, skills, or hobbies you would like to share, please call 767-5225.

#### New Member Orientation

Staff will welcome new members and talk about the programs and services our centers have to offer.

**Bear Canyon, Room 1**  
2nd Friday, 10:30 - 11:30 am

#### Public Art in Albuquerque

A free brochure is available by contacting us at [publicart@cabq.gov](mailto:publicart@cabq.gov). Please visit our interactive public art map at [www.cabq.gov/publicart/public-art-in-albuquerque](http://www.cabq.gov/publicart/public-art-in-albuquerque). Sign up for our bi-monthly e-newsletter at [www.cabq.gov/publicart/e-newsletter-archive](http://www.cabq.gov/publicart/e-newsletter-archive).

"Rain to River", the Hahn Arroyo Mosaic Project, by lead artist Nan Masland and 160 community volunteers, 2011.



#### Arts and Crafts Classes

##### Arts and Crafts

Have fun learning different crafts. Crafts include: plastic canvas, embroidery, pin and button jewelry making.

**Barelas, Santa Fe**  
Friday, 8:00 am - 1:00 pm  
Material Fee  
Instructor: Viola Garcia

##### Arts and Crafts - Sharing

For beginners who want to learn and for the experienced who want to share. Embroidery, crochet, counted cross-stitch, knitting, needlecraft and more.

**North Valley, Room 3**  
Wednesday, 9:00 am - 1:00 pm

#### Card Making for Mixed Occasions!

Love sending greeting cards and arts & crafts? Card Kits are pre-made; all you have to do is assemble. Bring your basic craft kit: favorite adhesive, craft scissors, scissors, and paper cutter if you have them.

**Palo Duro, Cottonwood**  
Wednesday, July 8, Sept. 16 & Nov. 4  
4:30 - 6:45 pm  
\$5 material fee  
Instructors: Yolanda Gradi & Josie Lyons

#### Get It Done!

Chat while you "get done" those projects in this modern day quilting bee.

**Palo Duro, Juniper**  
Friday, 12:00 - 2:00 pm

#### Learn to Draw

Learn how to draw using chiaroscuro "3D" techniques. Projects learning line, shape, value, tone, shading and texture to make object look 3D.

**North Valley, Room 4**  
Tuesday, July 14, 21, 28  
4:30 - 6:30 pm  
\$45  
Elaine Cimino

#### Drawing

**North Domingo Baca**  
Saturday, 9:15 - 11:15 am

#### Watercolor Painting Classes

Learn to create textures and make visually pleasing and interesting artwork. We explore both abstraction and realism.

**North Valley, Room 4**  
Tuesday, August 4, 11, 18, 25  
4:30 - 6:30 pm  
\$45, materials included

*Join us for a fun filled bike and wine tour in Corrales!!*  
**See page 59**





### Adult Watercolor

**North Domingo Baca**  
Tuesday, 8:30 am - 12:30 pm

### Watercolor for Fun

**North Domingo Baca**  
Monday, 8:30 am - 12:30 pm

### Pastel Landscape and Still Life Classes

Draw landscapes with laying-in techniques and apply color to create atmospheric perspective. You learn about papers and various drawing techniques including texture and making objects look 3-D.

**North Valley, Room 4**  
Tuesday, September 8, 15, 22, 29  
4:30 - 6:30 pm  
\$45  
material included



### Native American & Modern Beadwork

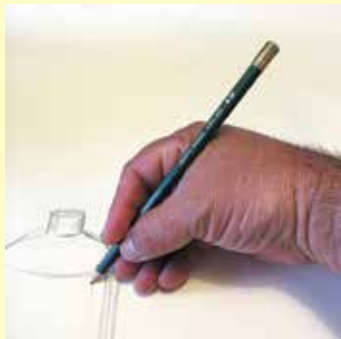
This is a beginning class; learn three beadwork stitches used by Native Americans. Students will complete two projects. Tools and materials will be provided, however students will need to bring scissors, small ruler, a pencil and a thimble.

**Bear Canyon, Room 1**  
Mondays, 8 Weeks  
September 21 - November 9  
9:00 am - 12:00 pm  
\$50.00 material fee  
Instructor: LoRheda Fry

### Learn to Draw with Kelly

Come have fun with us! Supplies can be purchased at Michaels or Hobby Lobby. 1-12x18 tablet of newsprint, 1-kneaded eraser, 1-charcoal pencil

**North Domingo Baca**  
Friday, 9:00 - 11:00 am



### Mandala Making Workshop

Mandalas are circular, symmetrical designs that are fun and easy to create using markers, glitter pens on various papers. No experience necessary. \$2 Materials fee and also bring one or more cans of food to donate to a local organization.

**Highland, Room 3**  
Saturday, August 1, September 5, October 3  
1:00 - 3:00 pm  
Instructor: Barbara King



### Photography

**North Domingo Baca**  
Wednesday, 8:30 - 11:15 am  
Thursday, 6:00 - 8:00 pm

### Tie-Dye Class

Students will learn basic folding and dyeing techniques, and create your own wearable art. Cost is only \$20.00 which includes T-Shirt and Supplies. Get complete details from the centers front desk.

**Highland, Room 2**  
Wednesday, Sept. 2 - Dec. 16  
1:00 - 3:00 pm  
Instructor: Susan Lamoreaux

### Snowflake Cutting

Learn how to fold and cut paper to create beautiful snowflakes. Perfect for the holidays!

**Barelas, Stover**  
Wednesday, Nov 4, 18, 25, Dec 2  
9:00 - 11:00 am  
Instructor: Al Sias



### Beading and Jewelry

#### Beading/Jewelry Class

Learn to make beautiful patterns for lovely jewelry and gifts.

**Manzano Mesa, Room 3**  
Wednesday, 8:00 - 11:30 am  
M. Jacobson

#### Beading/Jewelry Group

Make your own beautiful art in jewelry.

**Manzano Mesa, Room 4**  
Monday, 8:00 - 11:30 am  
Pat Suhr

### Ceramics

Learn care and use of molds, pouring, preparation for firing, glazing, overglazing and/or staining, decorating, decals, etc. Materials not included.

**Barelas, Santa Fe Room**  
Monday and Wednesday  
9:00 am - 12:00 pm

**Los Volcanes, Room 4**  
Friday, 8:00 - 11:30 am  
Monday, 1:00 - 4:00 pm  
**North Valley, Room 4**  
Tues., Wed., 12:00 - 4:00 pm

**Palo Duro, Piñon Room**  
Mon., Thurs., 8:00 am - 12:00 pm



### Tile Class

Create art works on tile. All levels welcome. See instructor about materials.

**Manzano Mesa, Room 3**  
Monday, 9:00 am - 12:00 pm

Tuesday, 9:00 am - 1:00 pm  
Friday, 8:30 am - 1:00 pm  
Lawanda Strong

Join us for the  
2015 Conference  
on Aging?  
See page 46







## Crocheting, Knitting, Weaving & Needlepoint

### Happy Hookers Crochet Club

This all ages, all levels, informal group works on individual projects and a group project: making lap rugs for disabled vets.

**Manzano Mesa, Room 4**  
Monday, 1:00 - 3:00 pm, Schmidt

### Crocheting

Join our fun-loving group for socializing and learning new techniques.

**Los Volcanes, Room 2**  
Monday, 1:00 - 4:00 pm, McNabb

### Knitting and Crocheting

All levels welcome. Learn techniques for creating sweaters, afghans, baby blankets, etc. Many of the blankets are donated to Project Linus.

**Bear Canyon, Room 4**  
Monday, 10:00 am - 12:00 pm  
Jeannine Steidl

**Los Volcanes, Room 2**  
Tuesday, 10:00 - 11:15 am

**Manzano Mesa, Room 3**  
Friday, 1:00 - 3:00 pm

**North Valley, Room 3**  
Wednesday, 9:00 am - 1:00 pm

**Palo Duro, Cottonwood**  
Wednesday  
12:00 pm - 3:00 pm  
Jackson

## Miscellaneous Classes

### Quilting

For novice and experienced quilters

**Barelas**  
Stover  
Call Center for hours



## Eden Energy Medicine

**North Domingo Baca**  
1st & 3rd Saturday, 10:00 - 11:30 am

### Meditation Circle

**North Domingo Baca**  
Friday, 12:00 - 1:00 pm

### Truth Project

Understanding the times we are living in. Where is America going? The truth's and lies and why we believe what we believe.

**Palo Duro, Aspen**  
Wednesdays (Starts Wed., July 22)  
9:00 - 11:00 am  
Cruz

## Intro to Ukulele (Uke) Learn and earn a free Ukulele

Ukuleles are available for use during class. Requirements to earning a ukulele: low income, attend 12 classes, memorize and perform five songs, sponsored by iCreate, Inc. Others are welcome for a small class fee.

**North Valley, Library**  
Starting Tuesday, July 14  
13 week course  
6:00 - 6:45 pm

## Nutrition & Eating to Lose & Keep Off Extra Weight

**North Domingo Baca**  
1st Wednesday  
9:30 - 11:00 am



How about a game of  
Mah Jongg?  
**See page 27**



## Fractals

### Fractal Workshops

The Urban Enhancement Trust Fund will provide 4 workshops. Please see dates, descriptions and centers below. Sign- up is required.

This is an introduction to fractals, where we find them, and how we can make them.

**North Valley, Room 4**  
Wednesday, July 8,  
9:30 - 10:30 am

**Barelas, Lead & Coal**  
Wednesday, July 8, 9:30 - 10:30 am

**Manzano Mesa, Room 4**  
Tuesday, August 11  
10:00 - 11:00 am

**Highland, Room 2**  
Tuesday, August 25  
10:30 - 11:30 am

### Fractal Triangles

A hands-on activity creating individual fractal artwork, which then combine to make a collaborative piece.

**North Valley, Room 4**  
Wednesday, August 5,  
9:30 - 10:30 am

**Barelas, Lead & Coal**  
Wednesday, August 12  
9:30 - 10:30 am

**Manzano Mesa, Room 4**  
Tuesday, September 8  
10:00 - 11:00 am

**Highland, Room 2**  
Tuesday, September 29  
10:30 - 11:30 am

### Fractal Cutout Cards

We will use scissors and paper to create beautiful fractal cut-out cards that can be used for any occasion.

**North Valley, Room 4**  
Wednesday, September 9  
9:30 - 10:30 am



**Barelas, Lead & Coal**  
Wednesday, Sept. 9, 3:30 - 4:30 pm

**Manzano Mesa, Room 4**  
Tuesday, October 13 10:00 - 11:00 am

**Highland, Room 2**  
Tuesday, October 27 10:30 - 11:30 am

### Fractal Tetrahedrons

We will create a 3-dimensional fractal tetrahedron from straws and string.

**North Valley, Room 4**  
Wednesday, October 7  
9:30 - 10:30 am

**Barelas, Lead & Coal**  
Wednesday, October 7, 3:30 - 4:30 pm

**Manzano Mesa, Room 4**  
Tuesday, November 10  
10:00 - 11:00 am

**Highland, Room 2**  
Tuesday, November 17  
10:30 - 11:30 am



## Religious

### History of the Bible

**North Domingo Baca**  
Thursday, 11:00 am - 12:30 pm  
& 6:30 - 7:30 pm

### Family Centered Prayer Battle

**North Domingo Baca**  
Friday 6:00 - 7:30 pm

### Men's Bible Study

**North Domingo Baca**  
Monday, 8:30 - 10:00 am

## Photography Classes

**North Domingo Baca, Room 5**  
Wednesday, 8:30 - 11:30 am  
Thursday, 6:00 - 8:00 pm  
Sign up at the front desk  
Jim Corrigan



## Plastic Canvas

Plastic canvas is a foundation for needlepoint or other canvas work embroidery. Create 3-D objects such as tissue box covers, small jewelry boxes, handbags, and other decorative objects.

**Los Volcanes, Room 4**  
Thursday, 1:00 - 3:00 pm  
Fees determined on 1st day of class  
Grace Colclesser

## Doll Making

### Porcelain Doll Making

Learn this art while making a doll.

**Los Volcanes, Room 4**  
Thursday,  
9:00 - 11:00 am  
Materials  
not included  
Call center for details



## Drawing

### Sketching Class

Enlighten your imagination and explore the magic of sketching and caricatures. All levels.

**Los Volcanes, Room 10**  
Thursday, 9:00 - 11:00 am  
Janet Dominguez & Jean Jenkins

### Portrait Drawing Class

We need your face! Highland Portrait Drawing class draws live models with a focus on the proportions of the head. Models are needed weekly in return you will get copies of all the artworks of your portrait. New Artist welcomed and models are always needed.

**Highland, Room 8**  
Tuesday, 10:00 - 11:00 am  
Marge Palsce

## Folk Arts

### Retablos/Hispanic Folk Art

Learn the art of making retablos.

**Barelas, Stover**  
Tuesday, 9:00 - 11:30 am  
George Salazar  
**North Valley, Room 3**  
Wednesday, 1:00 - 4:00 pm  
Anita Andrade

## Folk Arts, con't.

### Swedish Weaving

Swedish Weaving is an art of weaving yarns through a counted cloth, called Monk's Cloth.

**Los Volcanes, Room 2**  
Tuesday, 12:00 - 2:30 pm  
J. Brunyansky, R. Hinkel & C. Lucero

**Palo Duro, Pondersosa**  
Friday 2:15 - 4:30 pm  
\$10 Material Fee C. Lucero

## Glass

### Stained Glass

Learn how to cut, grind and copper foil glass, assemble, solder and complete projects. Materials not included.

**Los Volcanes, Room 4**  
Friday, 1:00 - 3:00 pm  
\$10 first class, \$10/every 3 months  
Mary Blea

**Palo Duro, Cottonwood**  
Friday, 9:30 - 11:30 am  
Clum  
(Class does not meet in Jul. & Aug.)

## Leather

### Leather Craft

Learn the art of hand-tooled leather crafting. Students must buy leather.

**Palo Duro, Aspen**  
Tuesday  
12:00 - 2:00 pm  
Love, some tools provided



**JOIN US!!!**  
MEMBERSHIP IS ONLY \$13/YEAR



**Lots of Activities!**  
**Lots of Education!**  
**Lots of Entertainment!**  
**And more importantly...**  
**Lots of Fun!**

Fractals · Religious · Photography · Plastic Canvas  
Doll Making · Drawing · Folk Arts · Glass · Leather

# Classes

## Metals

### Silversmith I

Cut, stamp, hammer, solder and finish silver. Learn basic techniques with practical information. Silversmith II-VIII and open session to be held at Albuquerque Silver & Stone Academy.

**Palo Duro, Juniper**

Wednesday, August 5, 12, 19 & 26  
Wednesday, September 2, 9, 16 & 23  
Wednesday, October 7, 14, 21 & 28  
Wednesday, Nov. 18 & Dec. 2, 9 & 16

4:30 - 6:30 pm

\$30 silver & materials fee/\$100 course fee

Instructor: Eileen Ott

### Silversmith Open Sessions

#### Metal Casting

Learn basic skills and methods. Using the lost wax casting process you can cast objects in silver & bronze.

**Palo Duro, Juniper**

Thursday, 1:00 - 4:00 pm  
Lumpee

\$2.00/per casting for consumables

### Metal Silversmith and Jewelry Making Open Lab

Open lab for metals, silversmith, fused glass and enamel for those students with a basic knowledge of jewelry making.



**Palo Duro, Juniper**

Wednesday, 10:00 am - 4:00 pm  
Garcia, Taylor, Provencio

### Traditional Spanish Tin Work

Tinsmithing is a traditional Spanish colonial art form. Come to learn basic techniques. See center for complete details and supplies. Sign-up is required. \$10 materials fee required.

**Highland, Room 2**

Tuesday, Aug. 4 - Sept. 22

1:00 - 3:00 pm

Instructor: Cora Chavez

### Tin Works Class

Join Jason Younis y Delgado, a 5th generation tinsmith and member of the Spanish Colonial Arts Society in an open class for tinwork at the Palo Duro Senior Center. All experience levels are invited Class fee of \$55 covers a sheet of tin, tools and instruction. Custom punches and additional tin are available for sale if you want to continue at home. Class is limited to 12 students.

**Palo Duro, Pinon**

Thurs., Aug 6, 13, 20 & 27

Thurs., Sept. 24, October 1, 8 & 15

Thurs., Nov. 19, Dec. 3, 10 & 17

12:30 - 3:00 pm

### Tin Works Holiday Workshop

Join Jason Younis y Delgado, a 5th generation tinsmith and member of the Spanish Colonial Arts Society in a special holiday workshop. We'll be creating ornaments, farolitos and other fun holiday items. Students should be old enough to comfortably work with a hammer and punches. Class fee covers a history of tinwork in New Mexico, a sheet of tin, necessary tools and instruction. Custom punches and additional tin are available for purchase if you want to continue at home.

**Manzano Mesa, Room 3**

Saturday, December 12

10:00 am - 1:00 pm

Fee\$55 for all materials

Instructor: Jason Younis y Delgado



## Painting, Drawing & Pastels

### Artist's Corner

Meets to paint in any medium and offer gentle critique and constructive criticism.

**Manzano Mesa, Room 3**

Thursday, 1:00 - 4:00 pm

Bring your own materials, Kennedy

### Painting Workshop

Instruction is given on perspective, composition, form, color mixing and blending. Ongoing classes are open to all levels. No registration required. Bring materials.

**Los Volcanes, Room 4**

Tuesday, 9:00 - 11:00 am

Janet Dominguez

**North Valley, Room 4**

Friday, 9:00 am - 12:00 pm

**Barelas, Coal**

Wednesday, 9:00 am - 12:00 pm

### Adult Watercolor

This all levels class covers: Landscape, spring flowers, still life, painting from photos and sketches and one class on location.

**North Domingo Baca, Room 5**

Tuesday, 8:30 am - 12:00 pm

Jo Nell Tyson

This is a self-directed class

### Watercolor for Fun

**North Domingo Baca, Room 5**

Monday, 8:30 am - 12:30 pm

Raymond Ortiz

Free



Taste the flavors and feel the rhythms at the Salsa Fest  
See page 62





### Palo Duro Palettes

We work in all mediums and share our knowledge and enthusiasm. Come sample a variety of methods, ideas and techniques. Material available.

**Palo Duro, Piñon**  
Wednesday, 1:00 - 3:00 pm  
Lamkin

### Visiting Artists Series

Guest artist guides participants in an activity that often involves a demo and a hands-on experience. Open to all. A different artist volunteers each week from Memorial Day to Labor Day. During the summer, the program is more informal.

**Palo Duro, Cottonwood**  
Tuesday, 1:00 - 3:00 pm  
Haag

### Brilliance of Soft Pastels

Beginners focus on technique, composition and materials. Intermediate students focus on interpreting value and color, enhancing skills and new challenges. Demos given along with individual help. Some materials may be purchased.

**Manzano Mesa, Room 3**  
Monday, 1:30 - 4:00 pm  
Call for dates  
6 - 8 week session, Sharon Jensen

### Beginning Oil Painting

All ages welcome. Discover your inner artist through oil painting.

**North Domingo Baca, Classroom 5**  
Wednesday, 5:30 - 7:30 pm  
\$80 (6 week sessions)  
Instructor: Pat Berger

### Learn to Draw

Learn how to draw using the chiaroscuro "3D" techniques. Projects learning line, shape, value, tone, shading and texture to make object look 3D.

**North Valley, Room 4**  
Tuesday, July 14, 21, 28  
4:30 - 6:30 pm  
\$45  
Elaine Cimino

### Drawing

**North Domingo Baca**  
Saturday, 9:15 - 11:15 am

### Watercolor Painting Classes

Learn to create textures and make visually pleasing and interesting artwork. We explore both abstraction and realism.

**North Valley, Room 4**  
Tuesday, August 4, 11, 18, 25  
4:30 - 6:30 pm  
\$45, materials included

### Pastel Landscape and Still Life Classes

Draw landscape with laying-in techniques and how to apply color to created atmospheric perspective. You learn about papers and various drawing techniques including texture and making objects look 3-D.

**North Valley, Room 4**  
Tuesday, September 8, 15, 22, 29  
4:30 - 6:30 pm  
\$45, material included

### Painting Still Life and Landscape with Acrylics

This class explores in depth resist techniques using acrylics. Discover how artist's worldwide are using this technique as a basis to apply ideas. The class will cover basic techniques in both dry brush and wet-in-wet.

**North Valley, Room 4**  
Tuesday, October 6, 13, 20, 27  
4:30 - 6:30 pm

### Painting Workshop: Oil

Instruction is given on perspective, composition, form, color mixing and blending. All levels. No registration required. Bring materials.

**Bear Canyon, Rooms 3 & 4**  
Wednesday, 9:00 - 11:30 am  
Instructor: Marian Boandl



### Watercolor Club

This on-going activity allows participants to share ideas, techniques and inspiration. No registration required.

**Bear Canyon, Room 3**  
Tuesday, 1:00 - 3:30 pm  
Instructor: Paul Stubbe

### Painting: Open Workshop

All venues welcome

**Bear Canyon, Room 4**  
Friday, 9:30 am - 12:00 pm  
Marian Boandl  
No registration required, bring materials.

### Off Beat Artists

We are a group of self-directed artists who work primarily in drawing and painting mediums. The objective is to work and share our creative experiences. No instruction. Participants provide their own materials and work at their own pace.

**Barelas, Lead/Coal**  
Monday  
11:00 am - 3:30 pm



### Pottery

#### Pottery Lab

For advanced and intermediate pottery students only.

**Palo Duro, Piñon**  
Wednesday, 8:00 - 11:30 am  
Self-directed

#### Pottery Open Studio

This class is for self-led, intermediate-level students. Materials and firing fees apply. For those enrolled in or have completed a previous Bear Canyon pottery course.

**Bear Canyon, Room 5**  
Thursdays, 8:30 - 11:30 am  
Oct 1 - Dec 3, 10 week session

Continued on Page 14

### Pottery, con't.

Self-directed projects, for those enrolled in/completed a previous Bear Canyon pottery course  
Material and firing fees

**Highland, Room 2**  
Monday & Thursday, 1:00 - 4:00 pm  
Self-Directed

**Los Volcanes, Room 4**  
Thursday, 12:30 - 3:00 pm  
Self-Directed



### Beginning Pottery

Learn the fundamentals of creating clay. This six month class will focus on basic projects such as coil pots, slab vessels and sculpture. All work will be fired in the studio. Materials and firing fees apply. See instructor during class time to sign waiting list.

**Los Volcanes**  
Wednesday, 9:00 - 11:30 am  
Jeri Lynn

### Pottery

All levels welcome. From pinch pots, slabs, coiling to wheel throwing. Self directed.  
Material Fee.

**Palo Duro, Piñon**  
Friday, 9:00 - 11:30 am

**Manzano Mesa, Room 3**  
Tues. & Thurs., 9:00 am - 1:00 pm

### Pottery for Kids

Class is \$2.00 for ages kindergarten to 5th grade (5 - 11). Class is limited to 25 participants. Sign up at the front desk.

**North Domingo Baca, Room 5**  
Friday, 3:15 - 5:00 pm

### Pottery: Advanced

#### Hand Built Pottery

**North Domingo Baca, Room 5**  
Tuesday, 12:00 - 4:00 pm  
(kiln room)  
12:00 - 2:00 pm  
(Room 5)  
Jo Lynne Fenger

#### Hand-Building Clay Classes (Adult)

New students start the first week of every month. There is a material and firing charge.

**North Domingo Baca**  
Monday, 1:00 - 4:00 pm  
Thursday, 9:00 am - 12:00 pm  
Saturday, 12:00 - 3:00 pm

#### Hand-Building Clay Classes (Youth)

Parent/ Guardian must remain in class for ages 5-7. Cost is \$2 per student per class. Materials and firing charge. New students start the first week of every month.

**North Domingo Baca**  
Friday, 2:30 - 5:30 pm  
12:00 - 3:00 pm

### Pottery

This class will create in clay using multiple techniques- pinch pots, coiling slabs, the potters' wheel, glazing and firing. This class is designed for the beginning to intermediate student. Materials fee for clay, glazes and firing. Sign up is required.

**Highland, Room 2**  
Wednesday, August 5 - December 16  
9:00 am - 12:00 pm  
Instructor: Penne Roberts

#### Advanced Beginners

This beginning class will build basic skills, exploring glaze techniques and surface decoration.

**Bear Canyon, Room 5**  
Fridays 1:00 - 4:00 pm  
Oct. 2 - Dec 11, 10 week session  
(no class Nov. 13)  
Material and firing fees. Waiting list  
Instructor: Carol McIntosh

#### Intermediate

This class will work on independent projects - Sculpture integrating pottery techniques.

**Bear Canyon, Room 5**  
Wednesdays 12:30 - 4:30 pm  
Sept 30 - Dec 2, 10 week session  
Material and firing fees. Waiting list  
Instructor: Carol McIntosh

### Pottery & Handbuilding Clay

Come learn the basic techniques of hand-building and make some of your own pottery creations.

**Barelas, Santa Fe**  
Thursday, 1:00 - 4:00 pm  
Instructor: JoLynne Fenger  
Materials and Firing Fees

**CHECK THIS OUT!!!**  
**JOIN US AT BEAR CANYON!!**

**Senior Veterans Wall of Honor Ceremony and Honor Wall Day**

Unveiling of the Wall of Honor, Veteran Recognition, Guests and Honored Veterans.

**Bear Canyon**  
Thurs., July 30  
9:30 - 11:00am

### Rosemalers

We do rosemaling from Norway, dal-malning from Sweden, hindeloopen from Holland and bauernmalerei from Germany and others. Bring a wood piece and we will get you started. No registration required.

**Highland, Room 3**  
Friday, 9:30 - 11:30 am  
2nd Saturday (Meeting)  
10:00 am - 3:00 pm  
(No Class June - August)  
Instructor: Diana Ekedal



### Quilting

#### Knitting and Crocheting

Beginners to advanced are welcome. Beginners are taught the basics of knitting and techniques.

**Bear Canyon, Room 4**  
Monday, 10:00 am - 12:00 pm  
Instructor: Jeannine Steidl





### Quilting: Experienced

This group of experienced hand quilters work on each other's quilts to completion.

**Bear Canyon, Rooms 3 & 4**  
Tuesday, 8:30 - 11:45 am  
Instructor: Janet Moffatt

### Tuesday Angels

This group makes pillows, quilts, stuffed toys and lap robes, to donate to community organizations.

**Palo Duro, Aspen**  
Tuesday, 8:30 - 11:30 am  
Bommelaere

### Laptop Quilters

Simple quilts are made and donated to the children at All Faiths Receiving Home and Birth Right. Materials donations are welcome.

**Highland, Room 3**  
Monday, 9:00 - 11:00 am

### Punch Quilting

A "no sew" way to create fabric pictures and wall hangings.

**Manzano Mesa, Room 3**  
Tuesday, 1:00 - 3:00 pm

### Quilting

For novice and experienced quilters

**Highland, Room 7**  
Tuesday, 8:00 am - 12:00 pm

**Los Volcanes, Room 2**  
Thursday, 9:00 am - 12:00 pm

**North Valley, Room 3**  
Monday, 8:00 am - 3:00 pm  
Sunday, 1:00 - 4:00 pm

**Palo Duro, Cottonwood**  
Tuesday, 8:00 am - 12:30 pm  
Spartz, Stanton  
Saturday, 9:00 am - 1:00 pm  
Stanton

### Machine Quilting

**Manzano Mesa, Room 4**  
Thursday 9:30 - 11:30 am

### Sewing & Alterations

Bring your latest sewing project and get help with any alterations or question you may have!

**Palo Duro, Ponderosa**  
Tues., 10:00 am - 12:00 pm  
Gosso



### Tin Work

Join us and have some fun with your creative ideas to this open workshop where you will share and work with others on your own projects. You must bring your own supplies.

**Los Volcanes, Room 4**  
Tuesday, 1:00 - 4:00 pm  
Maria Martinez

### Telescope

#### Amateur Telescope Making

Make your own telescope.  
**Manzano Mesa, Room 3**  
1st & 3rd Wednesday, 7:00 - 9:00 pm  
Mike Pendley



### Woodworking

#### Open Woodshop and Woodcarving

If you are interested in carving, cutting or working on other wood projects please join us.

**North Valley, Room 3**  
Tuesday, 8:30 - 10:30 am

**Los Volcanes, Room 10**  
Tuesday, 8:30 - 10:30 am  
Upson, Lovato  
Wednesday 12:00 - 4:00 pm  
(power tools) Juanita Hopes

**Manzano Mesa, Room 3**  
Wednesday, 8:00 - 11:30 am  
Ralph Manchego

### Woodcarving

Women and men of all skill levels enjoy woodcarving in this ongoing class.

**Bear Canyon, Room 5**  
Friday, 8:00 am - 12:00 pm  
Instructor: Gerry Hobart

### Woodcarving

Carvers do all types of relief and chip carving; wood burning, golf ball and santo carving, etc. Bring your own tools.

**Planet Art with Debbie Kmak**  
Classes are \$35, includes material fee.

### Social Media and New Technology

#### Intro to Facebook

**North Valley, Computer Lab**  
Tuesday, Sept. 8, 15, 22 & 29  
5:30 - 6:45 pm  
\$40 Marcella Pirlot



### Computer Classes

#### Computer Lab

Open to members who wish to practice their computer skills or access the web.

**Barelas, Computer Room**  
Call Center for hours.

**Bear Canyon, Computer Room**  
Monday, Wednesday  
Friday 9:00 - 11:00 am  
No Registration required

**Highland, Room 6**  
Wednesday, 1:00 - 3:00 pm

*Continued on Page 16*

## Computer Classes, con't.

**Los Volcanes**, Computer Room  
Monday, 2:00 - 5:00 pm  
Thursday, 3:00 - 7:00 pm  
Saturday, 11:15 am - 1:00 pm

**Manzano Mesa**, Computer Lab  
Tues, Thur, 9:00 am - 12:00 noon  
Wednesday & Friday, 1:00 - 3:00 pm

**North Valley**, Computer lab  
Mon. - Fri. all day, except when class  
is in session. Computer assistance  
available on Tues. & Thurs.  
1:00 - 3:00 pm

**Palo Duro**, Cedar Crest  
Monday, Tuesday, Friday  
1:00 - 3:00 pm  
Thursdays, 9:30 - 11:30 am

### Introduction to Microsoft Word

Learn how to write a letter, use special fonts, etc. using Microsoft Word. Must have basic computer skills.

**North Valley**, Computer Lab  
Tuesday, Nov. 3, 10 & 17  
5:30 - 6:45 pm  
\$35  
Marcella Pirlot



### General Computer

#### Ask Computer Questions - Get Computer Help

Bring your computer questions.

**Manzano Mesa**, Computer Lab  
1st Saturday, 12:30 - 2:30 pm  
M. Hadaway, J. Freedman, R. Bemis,  
and E. Cardona

**Los Volcanes**, Room 1  
Tuesday (every 8 weeks, call for info)  
10:00 am - 12:00 noon  
Wed. (every 8 weeks, call for info)  
9:00 - 11:00 am  
Wed. (every 8 weeks, call for info)  
11:30 am - 1:30 pm

**Palo Duro**, Computer Room  
Computer classes to be announced  
for Windows 10 classes.  
Please call center at 888-8102

### Computers for Beginners

Learn basic computer terms  
and functions.

**North Valley**, Computer Lab  
Monday & Wednesday,  
July 13, 15, 20 & 22  
1:00 - 3:00 pm Fee: \$35  
Instructor: Marcella Perlot



**North Valley**, Computer Lab  
Monday & Wednesday,  
October 5, 7, 12 & 14  
3:00 - 5:00 pm Fee: \$35  
Instructor: Marella Pirlot

### Internet and Email

Learn how to access the internet,  
shop without compromising your  
personal information, find reliable  
government and medical websites.

**North Valley**, Computer Lab  
Monday & Wednesday,  
August 3, 5, 10 & 12  
1:00 - 3:00 pm Fee: \$35  
Instructor: Marella Pirlotr

**North Valley**, Computer Lab  
Tuesday, August 4, 11, 18 & 25  
5:30 - 6:45 pm Fee: \$35  
Instructor: Marcella Pirlot

### Windows 8 Class

**Bear Canyon**, Lab  
Mondays 6 weeks Sept. 21st, 28th,  
Oct. 5th, 12th, 19th & 26th  
1:30 - 4:00 pm  
Cost \$50.00

### Windows 7 Class

**Bear Canyon**, Lab  
Thursdays, 6 weeks, Sept. 24th, Oct.  
1st, 15th, 22nd, 29th & Nov. 5th  
1:30 - 4:00 pm  
Cost \$50.00

### MS Office - Word

**Bear Canyon**, Lab  
Mondays 4 weeks, Nov. 9th-16th-  
23rd & 30th  
1:30 - 4:00 pm  
Cost \$40.00

Do you want to learn  
ceramics? *See page 9*



## Computers for Beginners

Learn basic computer terms and  
functions. You will learn how to use  
the mouse, the keyboard, the Start  
Menu, the Control Panel, and much  
more.

**North Valley**, Computer Lab  
Tuesday, July 14, 21, 28  
5:30 - 6:45 pm \$35  
Mon. & Wed., Oct. 5, 7, 12, 14  
3:00 - 5:00 pm \$35  
Instructor: Marcella L. Pirlot

### Intro to FaceTime: (A video chat on-line service for Apple products)

Learn to use the popular  
mobile phone video chat  
service that makes it  
possible to conduct one-on-  
one video calls between newer  
Apple iPhone, iPad, iPod touch and  
Mac notebooks and desktops. (Must  
have an Apple I-Pad, Apple iPhone  
3G or 4G capabilities)



**North Valley**, Computer Lab  
Tuesday, October 6, 13, 20  
5:30 - 6:45 pm \$40.00  
Instructor: Marcella L. Pirlot



### Introduction to Microsoft Windows 8.1 and Beyond

This class is ideal for the first time stu-  
dent wanting to learn the use of the  
computer and the student wishing  
to update their computer skills with  
the latest Microsoft operating sys-  
tem. Students will learn about basic  
computing and how to use the latest  
Microsoft operating system. Learn  
about all computer components and  
how they interact to work with vari-  
ous Microsoft computer programs.

**Barelas**, Computer Room  
Tues., July 7, 21, 28, 9:00 - 11:00 am,  
1:00 - 3:00 pm  
(Wednesday, July 29)  
Tuesday, September 1, 8, 15, 22,  
9:00 - 11:00 am, 1:00 - 3:00 pm  
Tuesday, November 3, 10, 17, 24,  
9:00 - 11:00 am, 1:00 - 3:00 pm  
\$20  
Patrick Turrieta – Please see instructor  
to sign up for class.



### Intermediate Introduction Course: Intro to Microsoft Publisher 2013

Learn how to make greeting cards, menus, calling cards, calendars, and banners. It is recommended that the student have common use and understanding of Windows 8.1 operating system prior to taking this class. Note: There must be a total of 4 students signed up for Microsoft Publisher for the class to be presented.

**Barelas, Computer Room**

Tuesday, August 4, 11, 18, 25

9:00-11:00 am, 1:00 - 3:00 pm

Tuesday, October 6, 13, 20, 27

9:00-11:00 am, 1:00 - 3:00 pm

Tuesday, December 1, 8, 15, 22

9:00 - 11:00 am

\$20

Patrick Turrieta – Please see instructor to sign up for class.

### Computer Use 101

This is a basic hands-on use of the computer. Learn how to get online, how to use Microsoft Word, what keys or mouse key to use to achieve a specific goal, how to download page(s), and how to use a flash drive. You will also learn how to find and save a webpage, and how to reverse errors.

**Barelas, Computer Room**

Thursday, 1:00 - 4:00 pm

Friday, 9:00 am - 1:00 pm

Cost: Free.

Please sign up

at Front Desk

Qassem Samad



### Apple Macintosh Day

Open to Mac users of any experience level. A different Macintosh subject every month!

**Apple Users Group** - announcements, open forum Q&A help time, and presentations.

**Bear Canyon, Rooms 3 & 4**  
3rd Saturday of each month

### The Learning Corner

9:45 - 11:00 am

### Apple Users Group

11:15 am - 12:30 pm

Facilitator: Bob Reed



### iPad & iOS-8 Workshop

Apple & PC iPad users bring your iPad and join in the fun. This is a workshop format where your iPad questions may be answered. Version iOS 6 and earlier, & iPad version 1 features, will NOT apply. This iPad workshop will feature only the iPad 2 or later, and iOS-8. We are not covering the iPhone, Kindle, Nook, Surface, etc. Arrive early. The first 25 who arrive will be seated. No exceptions!

**Bear Canyon, Computer Lab**

10:00 am - 12:00 pm

2nd Thursday, Limit 25

Cost: \$Free



### Apple Macintosh Classes at Bear Canyon

We conduct classes periodically on a variety of Apple Macintosh topics. To join e-mail list, and receive course notification plus regular "Mac Tips & Information," contact: Bob Reed at 292-3805, reed1936@comcast.net Sandoval

### PC Users' Group (WUG)

Attendees have an opportunity to discuss their individual PC activities and problems.

**Bear Canyon, Computer Lab**

Wednesdays, 12:15 - 2:15 pm

Instructors: Radebaugh / Frank Krek

Bert Radebaugh

Phone: 275-6613

email: bandw37@comcast.net



### Manzano Mesa Computer Classes

Each class needs at least 5 students to apply in order to hold the class. Please fill out an application, in the Computer Lab at Manzano Mesa and you will be notified by phone when the class is scheduled for and the cost of the class.

- Beginners Computer for Windows XP & 7
- Windows 8.1 Differences
- Beginners Windows 8.1
- Internet Level 1
- Microsoft Word 2007 or 2010
- Microsoft Excel 2007 or 2010
- How to use Facebook
- How to use SKYPE
- Email Basics
- Files, folders & flash drives basics
- Digital Camera Basics
- Buy/sell on Craigslist & Ebay
- Individual tutoring by appt.

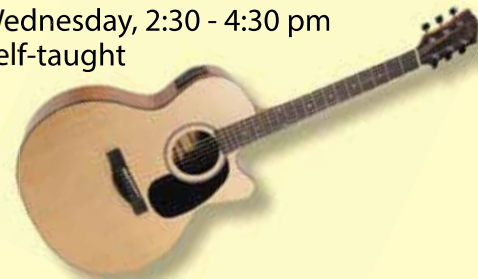
### Music Classes

#### Beginning Guitar

**Los Volcanes, Room 2**

Wednesday, 2:30 - 4:30 pm

Self-taught



#### Violin Workshop

Learn the basics of playing the violin. Students must have their own instrument. Beginners welcome.

**Bear Canyon, Room 1**

Friday, 8:00 - 10:00 am

Instructor: Garcia

No registration

required



## Dance Classes

### Ballroom/Latin/Swing Dance: Intermediate

Continuation from the beginning class, with intermediate step patterns.

#### Manzano Mesa

\$20 for 4 weeks,  
includes patterns & disc  
Saturday,  
Beginning 10:00 - 11:00 am  
Intermediate 11:00 am - 12:00 pm  
Barbara Weiss, 506-0049

### Ballroom Dancing

#### Bear Canyon, Social Hall

Thursday, 4:45 - 5:45 pm  
\$6 per lesson  
Instructor: Rosamaria Delgadillo-Burt

### Wise Women Belly Dance

This gentle approach to this ancient art form can be enjoyed by women of all ages, abilities, sizes and shapes.

#### Manzano Mesa,

Social Hall  
Thursday, 6:00 - 8:00 pm  
Amaya - 280-3638



### Dance and Movement for Parkinson's

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Customized for all abilities.

#### North Valley, South Social Hall

1st & 3rd Thursday, 2:00 - 3:00 pm  
Free to members with Parkinson's,  
Joanie Carlisle

### Line Dancing

#### Beginning Line Dance

##### Barelas, Social Hall

Thursday, 1:30 - 3:00 pm  
Gayle Mecca  
Fee: \$1

##### Bear Canyon, Social Hall

Thursday, 3:15 - 4:30 pm  
(with new classes starting in  
January, May, and September)

##### Los Volcanes, Social Hall

Thu, 9:00 - 10:00 am, Jeanne Hendrix

##### Manzano Mesa, Social Hall

Wed, 1:30 - 3:00 pm  
\*Starter 12:15 - 1:15 pm  
Georgette Smith



#### N. Domingo Baca, Social Hall

Thu, 1:15 - 2:30 pm, Mary Garcia

#### North Valley, Social Hall

Mon, 1:00 - 2:00 pm, Clarada Hall

#### Palo Duro, Mesquite

Mon, 3:15 - 4:30 pm  
Sat. (2nd, 3rd, & 4th), 9:00 - 10:30 am  
K. Tidy

### Intermediate Line Dance

#### Bear Canyon

Tuesday, 3:15 - 4:30 pm  
Instructor: Clarada Hull

#### Highland, Social Hall

Tuesday, 1:30 - 3:30 pm  
Wylene Santistevan

#### Los Volcanes, Social Hall

Thursday, 10:10 - 11:10 am  
Jeanne Hendrix

#### Manzano Mesa, Social Hall

Wednesday, 3:00 - 4:30 pm  
Georgette Smith

#### N. Domingo Baca, Social Hall

Tue, 5:45 - 7:30 pm, Georgette Smith

### Intermediate II

#### Bear Canyon

Tuesday, 1:30 - 3:00 pm

#### Manzano Mesa, Social Hall

Wed, 1:30 - 3:00 pm  
Wylene Santistevan  
Tuesday, 2:00 - 4:00 pm  
Clorinda Ricci

### Advanced

#### Palo Duro, Mesquite

Mon, 1:30 - 3:15 pm,  
Sat (2nd, 3rd, & 4th),  
10:30 am - 12:00 pm  
Instructor : D. Madison

#### Bear Canyon, Social Hall

Thursday, 1:30 - 3:00 pm  
Instructor: Doug Madison

Understanding  
Medicare  
See page 39



## Square Dancing

Enjoy the timeless tradition of Square Dancing.

#### Palo Duro, Mesquite

Wednesday, 1:00 - 3:00 pm  
Carol Champion

### NM & Latin Dance Class

Learn New Mexican and Latin dances.

#### Barelas, Social Hall

Monday, 10:00 - 11:00 am  
Frances Lujan



## Latin Rhythms

Learn the fundamental skills of social Latin dancing in dances such as; Salsa, Cha-cha, Rumba, Samba, Bolero, and Merengue.

#### North Domingo Baca, Aerobic Room

Thursday, 10:15 - 11:15 am  
Free Class

## Language Classes

### Sign-Language

Learn sign language basics, including the manual alphabet, counting, plus familiar words and phrases.

#### North Valley, Room 1

Tues., July 14, 21 & 28, Aug. 4, 11 & 18  
5:30 - 7:00 pm  
Tues., Oct. 13, 20 & 27, Nov. 3, 10 & 17  
1:00 - 2:30 pm  
\$5 materials fee  
Instructor: Pam Jenkins





### Intermediate Sign-Language

This is a secondary course for those who have taken the beginning course.

**North Valley**, Room 3  
Tuesday, September 1, 8, 15, 22, 29  
October 6  
5:30 - 7:00 pm  
\$5 material fee  
Pam Jenkins

### French Beginners Level 1 & 2

**North Domingo Baca**, Room 5  
Call for dates: 1:00 - 4:15 pm

### French: Advanced

Would you like the opportunity to speak French and learn current usage?

**Palo Duro**, Aspen  
Monday,  
1:00 - 3:00 pm  
\$5 Materials Fee  
Temmar & Himmelskin



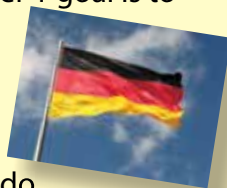
### German: Beginning Conversational

**Bear Canyon**, Room 1  
Tuesday  
2:00 - 4:00 pm  
Simon

### German: Intermediate

Members need to have pronunciation and grammar under control and can write sentences with dependent clauses. This is not a conversation class. Most members have been to Germany, Austria, or Switzerland. Number 1 goal is to have fun!

**Palo Duro**, Aspen  
Thursday,  
8:45 - 11:30 am  
Holcomb, Maldonado



### Italian for Beginners

Learn the language of love! Come have some fun while picking up conversations in Italian and listening to Italian songs. No experience necessary.

**Barelas**, Stover  
Friday,  
11:00 am - 12:00 pm  
Instructor: Alison Oatman  
\$3/class



### Beginning Conversational Spanish

Suitable for absolute beginners and a good refresher for those who have had Spanish in school. Learn essential phrases; how to show good manners in Spanish; and enough to get by in many practical situations.

**North Valley**, Room 1  
Tuesday, July 14 - September 1  
5:00 - 7:00 pm  
\$75, 8 week course



**North Valley**, Room 3  
Friday, July 17-September 4  
10:00 am - 12:00 pm  
\$75, 8 week course

### Italian Workshop: Intermediate

Emphasis is on reading, grammar, conversation and verb conjugation.

**Bear Canyon**, Room 2  
Tuesday, 11:10 am - 1:00 pm  
Register with Alex Trujillo

### Spanish Workshop

#### Intermediate/Advanced

Conducted mainly in Spanish, with activities that emphasize speaking, listening and reading. Call to see if space is available.

**Bear Canyon**, Room 2  
Tuesday, 9:00 - 10:50 am  
Instructor: Frances Perolti  
No registration required

### Spanish Workshop

#### Grammar Review/Conversation

Carry on conversations with others in Spanish. Improve fluency through use.

**Bear Canyon**, Room 2  
Tuesday, 1:10 - 3:00 pm  
Instructors: King, Campbell  
No registration required

### Spanish

This on-going class is an intermediate-advanced level. Interested students may visit to determine if class level and content are appropriate for them.

**Highland**, Room 7  
Tuesday, 1:00 - 3:00 pm  
Belcher

### Rockin' Spanish Class

Beginners are welcome in this Spanish class. Learn without ever conjugating a verb. Sign up required for 6 class sessions at the front desk.

**Highland**, Room 3  
9:00 - 11:00 am  
July 28 & 30  
Tues. & Thurs., Aug. 4, 6, 11 & 13  
Tues. & Thurs., Sept. 1, 3, 8, 10, 15 & 17  
Tues. & Thurs., Oct. 6, 8, 13, 15, 20 & 22  
Instructor: Dr. Judy Vavrek  
Cost: \$55

### Writing Classes and Groups

#### TGIF Poetry

Devoted to reading poetry by its members, contemporary poets, as well as great poets of the past.

**Bear Canyon**, Room 2  
1st and 3rd Friday, 1:00 - 3:00 pm  
No registration required

#### Writing Your Autobiography

This workshop is based on your own personal experiences and includes short writings about particular events in one's life.

**Bear Canyon**, Room 1  
Tuesday, 9:00 - 11:15 am  
Instructor: Suzanne Clear



#### Writing about our Lives

In this memoir class we will help each other write our stories by writing, reading aloud and revising. We can write for our children and grandchildren, ourselves and our community. We will experience a sense of accomplishment, enhance our mental alertness and make friends. It is never too late for personal growth.

**Highland**, Room 3  
Friday  
1:00 - 3:00 pm  
Joanne Calkins



#### Women's Journaling

Learn techniques in keeping a journal for writing stories, poems, healing, and finding the artist within.

**North Valley**, Room 3  
Starting: Friday, July 17  
10:00 - 11:00 am

**Writing Classes, con't.****Wordwright's Writing**

**North Domingo Baca**  
Monday, 1:30 - 3:30 pm

**Beginning Calligraphy**

Learn the art of beautiful handwriting, and have fun doing it! Lettering styles will include italic, chancery cursive, bookhand and uncial.

**North Valley, Room 3**

Tuesday & Thursday, July 14, 16, 21, 23, 28, 30 & August 4  
1:00 - 2:15 pm \$15 material fee

**Inquiring Minds Discussion Group**

Anthropology, the study of humankind everywhere, throughout time, seeks to produce reliable knowledge about people, their behavior, about the things that make them different, and the things they all share in common.

**Bear Canyon, Room 2**

Monday, 10:00 - 11:00 am

**JULY - DEC. 2015****Birthday Party**

Celebrate birthdays every month with cake.

**Barelas, Social Hall**

3rd Wednesday, 11:30 am - 1:00 pm

**Highland, Social Hall**

1st Wednesday, 12:15 - 12:45 pm  
Sponsored by Humana

**Los Volcanes, Social Hall**

1st Friday, 11:15 am - 12:30 pm  
\*Sponsored by Presbyterian

**N. Domingo Baca, Social Hall**

Last Friday, 11:45 am - 12:30 pm

**North Valley, Social Hall**

3rd Friday, 11:30 am - 12:30 pm  
\*Sponsored by Presbyterian

**Ice Cream Socials****Barelas, Lobby**

2nd Tuesday, 11:30 am - 1:00 pm  
75¢/serving

**Los Volcanes, Social Hall**

1st Wednesday, 11:15 am - 12:00 pm  
75¢/serving

**Manzano Mesa, Lobby**

2nd Friday, 11:30 am - 12:30 pm  
75¢/serving

**Pie Socials**

Enjoy your favorite pies at these socials.

**Barelas, Lobby**

4th Friday, 11:30 am - 1:00 pm  
75¢/slice

**Los Volcanes, Social Hall**

3rd Friday, 11:00 am - 12:00 pm  
75¢/slice

**North Domingo Baca, Lobby**

First Friday, 11:45 am - 12:30 pm  
75¢/serving

**Weekly Center Dances****Dance to Live Music at the Centers**

Dance to top 40s, Spanish, country western, and oldies. Check the bulletin boards for our monthly listings of bands. \$2.50 per person

**Barelas, Social Hall**

Friday, 1:30 - 4:30 pm

**Highland, Social Hall**

Every 3rd Wednesday, 3:00 - 6:00 pm

**Los Volcanes, Social Hall**

Thursday, 1:30 - 4:30 pm  
(\$3 admission on 4th Thursday)

**North Valley, Social Hall**

Sunday, 1:30 - 4:30 pm

**Bear Canyon, Social Hall**

Thursday evenings, 6:00 - 9:00 pm

**Dinner Dances**

Spend an elegant evening dining and dancing to live music. Various bands \$7.50 per person

**Barelas, Social Hall**

Tuesday, Sept. 22 & Dec. 15  
4:00 - 7:00 pm

**Los Volcanes, Social Hall**

Tuesday, July 28 & October 29  
4:30 - 7:30 pm

**North Valley, Social Hall**

Tuesday, August 18 & November 17  
4:00 - 7:00 pm

**Dessert Socials**

Join us for a special treat once a month, with a variety of desserts.

**North Valley, Social Hall**

2nd Thursday, 11:30 am - 12:30 pm

**Palo Duro, Mesquite**

2nd Wednesday, July, Aug. & Sept.

**Bear Canyon, Social Hall**

3rd Friday 1:30 - 2:30 pm

**Friday Afternoon Matinee**

Join us as we feature a "Movie of the week" You will get a free box of popcorn just for joining us.

**Highland, Lobby**

Friday, 2:00 pm

**Family Friendly Karaoke Fun!**

Bring the whole family out for an evening of great music and laughs. We can't wait to see you strut your stuff!

**Manzano Mesa**

Gym  
2nd & 4th  
Wednesday  
5:30 - 8:30 pm

**Karaoke Tuesdays**

For those of you who sing like Sinatra and those who can barely carry a tune: come and sing your heart out!

**Barelas, Social Hall**

Tuesday, 11:30 am - 1:00 pm



### Karaoke

Do you like to dance, do you like to sing? Maybe you can be a North Valley Karaoke Queen or King. Join us for Karaoke and dancing.

**North Valley**, Social Hall  
Thursday, 9:00 - 11:00 am

### Piano Music

Piano music for your enjoyment.

**North Valley**, Social Hall  
Thursday, 11:00 am - 12:00 pm



### Special Luncheons

**Bear Canyon**, Social Hall  
4th Friday (subject to change)  
11:30 am - 1:00 pm  
\$4/person



## JULY 2015

### Honoring our Barelvas Veterans

Join us for a celebration honoring our Veterans. (Pictures will be on display). Refreshments will be served.

**Barelvas**, Social Hall  
Wednesday, July 1  
12:00 - 1:00 pm



### The Red, White and Blue Bash

Don your reds, whites, and blues and enter our patriotic parade! Think apple pie, music, and contests for the "most spirited."

**Manzano Mesa**  
Thursday, July 2  
10:30 am - 12:30 pm



### Senior Veterans Wall of Honor Ceremony and Honor Wall Day

Unveiling of the Wall of Honor, Veteran Recognition, Guests and Honored Veterans.

**Bear Canyon**  
Thurs., July 30  
9:30 - 11:00 am



### 4th of July Barbecue

Celebrate the Red, White, & Blue... Join us for a fun BBQ! The party starts early!

**Barelvas**, Social Hall  
Thursday, July 2  
11:30 am - 1:30 pm

### Crazy Hat Day

Come join the fun, enjoy a piece of your favorite pie, some ice cream and don't forget to wear your silliest, funniest craziest hat!

**Bear Canyon**, Social Hall  
Friday, July 17  
Free, 1:30 - 2:30 pm



### Civil Air Patrol Field Day

Come learn all about the Civil Air Patrol while journeying through the various demonstration booths. Each station will host an activity that teaches the missions in Civil Air Patrol such as Aerospace Education, Emergency Services and Cadet Programs. Fun for all ages!

**Manzano Mesa**, Gym  
Saturday, July 18  
Free 10:00 am - 2:00 pm



### Patriotic Ice Cream Social

**North Domingo Baca**  
Wednesday, July 2  
11:30 am - 12:30 pm

"I Scream You Scream We All Scream For Ice Cream"



Vanilla and chocolate ice cream vies for the taste buds of ice cream lovers. Chocolate may win popularity contest. But Vanilla is a close second. Enjoy it in a cone, a dish and/or a float. Just make sure to eat it quickly, before it melts.

**Los Volcanes**, Social Hall  
Monday, July 23  
11:30 am - 1:00 pm

### Summer Party: Picnic on the Patio & Car Show

Let's have a picnic together, food, games, entertainment & a car show.

**North Valley**, Social Hall/Patio  
Thursday, July 23  
9:00 am - 1:00 pm

### Los Volcanes 1st Annual Pool Tournament

Let the best of the best come and show their skills in the most prestigious amateur championship. Those who enter this event will experience the highest level of amateur billiard play in the city of Albuquerque! Registration starts Monday, June 29

**Los Volcanes**, Billiards  
Thursday, July 30, 2015



## AUGUST 2015

### Ice Burger Party

It is that time of the year to come and enjoy a cold sandwich....an ice cream sandwich.



**Los Volcanes**, Social Hall  
Monday, August 3  
11:30 am - 12:30 pm

### National Watermelon day!

Fresh fruit is a nice treat on a warm summer day. Join us for watermelon slices, entertainment and music.



**North Valley**, Social Hall  
Monday, August 3  
10:30 am - 12:00 pm

### Watermelon Summer Bash

Sweet and tasty watermelons! It's standard for picnics but here at Los Volcanes it is "Just Because."

**Los Volcanes**, Social Hall  
Tuesday, August 4  
11:00 am - 2:30 pm

### Ice Cream Social

Let's ring in the new school year together with ice cream and games!

**North Domingo Baca**  
Monday, August 10  
11:30 am - 1:00 pm

## AUGUST 2015, con't.

### The Dog Days of Summer (without the actual dogs)

The days are scorching so come on in and cool yourself off with all of summer's favorite treats, lemonade, ice-cream & watermelon.

**Manzano Mesa**  
Thursday, August 13  
10:30 am - 12:30 pm  
Free



### Luau Celebration

Grass skirts, loud shirts, torch lights and tropical delights. These things and more, it's true, a Luau is in store for you!

**Barelas, Social Hall**  
Thursday  
August 20  
9:00 am - 1:00 pm



### Golden Ager Shindig

We are recognizing and showing appreciation for the value and contribution of senior population. In his Presidential Proclamation (August 19, 1988), President Ronald Reagan said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older."

**Los Volcanes, Social Hall**  
Friday, August 21  
10:00 am - 12:30 pm

### Celebrate the Banana Split

It's all about the Banana Split with vanilla ice cream, yummy chocolate and caramel, and of course a cherry

on top, perfect way to end the summer! Entertainment to be announced.

**Highland**  
Social Hall  
Thursday,  
August 27th  
\$2.00 Ticket Required  
1:30 pm - 2:30 pm



### LV Pizzeria Party

Pizza is a favorite of young and old. Originating from Italian cuisine, it's a staple in the American diet. You can have Cheese Pizza anyway you want. If you decide you just have to add other toppings, it's okay. We won't tell. Have a happy Cheese Pizza Day!

**Los Volcanes, Social Hall**  
Friday, September 5  
10:00 am - 12:00 pm

## SEPTEMBER 2015



### Chile Harvest Fiesta

Celebrate New Mexico's Chile Harvest at a roasting and recipe sharing event, a New Mexican Tradition. Green Chile with homemade tortilla samples and lemonade will be available.

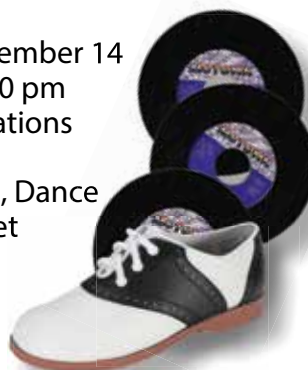
**North Domingo Baca**  
Friday, September 11  
9:00 - 11:30 am



### Nifty 50's Party

Poodle skirts, bobby socks, a scarf for your hair, time to have a party with a 50's kind of flair! We'll start with lunch and end with a sock hop!

**Barelas, Social Hall**  
Monday, September 14  
11:30 am - 1:00 pm  
Lunch Reservations  
Required  
1:30 - 4:00 pm, Dance  
\$2.00 per ticket



### Bright Times Ahead

Positive Thinking is today. Today is all about attitude.... a positive attitude. It's a lot like the ant, when faced with moving a rubber tree plant thought "I think I can." Power of positive thinking is absolutely astounding. Positive attitude works wonders at fighting disease and ailments, from the common cold to cancer. People with an "I think I can" attitude, are far more likely to succeed at work, and in accomplishing every goal they set in life.

**Los Volcanes, Social Hall**  
Wednesday, September 16  
8:30 am - 12:30 pm

### End of Summer Luncheon

Join us for an end of summer blow-out! As we say goodbye to summer and prepare for fall we will enjoy a traditional BBQ luncheon.

**Palo Duro, Mesquite room**  
Thursday, September 17  
Lunch served at 11:30 am  
\$4.00 Reservations required

### Splurging with the Los Volcanes Apple Dumpling Gang

Be a member of the Los Volcanes Apple Dumpling Gang. We are celebrating a tasty fall treat. Come all Apple lovers who can't resist this pastry, filled with sweet, delicious apples. With the arrival of fall and cool weather, two things happen: the apple harvest begins, and people turn indoors to cooking and baking again.

**Los Volcanes, Social Hall**  
Thursday, September 17  
10:00 am - 1:00 pm



### Shiver Me Timbers and a Yo Ho! Ho!

It is international talk like a pirate day and Manzano is heading for the high seas and ye be invited! Trivia, door prizes and pirate banter is sure to ensue on this voyage!



**Manzano Mesa**  
Friday, September 18  
11:30 am - 12:30 pm



**Chile Cook off**

Sign up early! Bring a chili dish of your choosing, red or green. Your dish will be voted on by the participants of North Valley. Prizes and entertainment will be a part of this fall event.

**North Valley, Social Hall**  
Friday, September 18th  
10:30 am - 12:00 pm

**Wildwest Luncheon**

Kick up your boots and join us for a western theme luncheon.

**Highland, Social Hall**  
Thursday, September 24  
\$4.00 Reservations Required  
Lunch from 11:30 am - 12:00 pm

**OCTOBER 2015****Black Tie Evening Dance**

Wear your finest sequence and bowties, Entertainment by Swing Shift.

**Bear Canyon, Social Hall**  
Thursday, October 1  
\$2.50, 6:00 - 9:00 pm

**Fly Fly Away: Hot Air Balloon party**

We will start with early morning balloon watching, if the weather permits. Let's gather outside to spot the balloons in the air. Tea, coffee and Danish to warm you up.

**North Valley, Parking lot/Front Patio**  
Tuesday, October 6  
8:00 - 10:00 am

**Monster Mash Luncheon**

Get an early start on Halloween at our Monster Mash luncheon. Dress in your best/scariest costume and see if your friends recognize you.

**Palo Duro, Mesquite room**  
Thursday, October 15  
Lunch served at 11:30 am  
\$4.00 Reservations required

**Pumpkin Decorating Party**

This is no trick! You're in for a treat! We'll have pumpkins to decorate or bring your own pumpkin. We'll have sweets to eat afterwards and pumpkin judging contest!

**Barelas, Social Hall**  
Thursday, October 15  
1:30 - 3:00 pm

**Oktoberfest Dance**

Hey, it's time to jump into your Dirndl and Lederhosen and yodel you way to our haus, Bear Canyon's celebrating Oktoberfest. Music by Swing Shift.

**Bear Canyon**  
Thursday, October 15  
6:00 - 9:00 pm  
\$2.50

**Halloween Luncheon**

Join us for our annual Halloween luncheon, cake walk and Costume contest!

**Highland, Social Hall**  
Thursday, October 29  
\$4.00 Reservations Required  
Lunch from 11:30 am - 12:00 pm

**Rio Grande Player-Radio Show**

The Rio Grande Players invite you to travel back in time to the Golden Age of Radio as we re-create an authentic radio episode from the 1930s-1950s era. Listen in, use your imagination and relive fond memories with us!

**Bear Canyon, Social Hall**  
Friday, October 23  
1:00 - 2:00 pm  
FREE, refreshments will be served.

**La Llorona – Storyteller**

Beware! La Llorona is coming to Barelas! This famous ghost from Spanish folklore is known throughout the world for her eerie, spine chilling cries as she searches for her loved ones. In New Mexico, it is said she lived next door! Come listen to this famous New Mexico ghost story as told by Rosalia de Aragon. We'll have some spooky treats! Sponsored by NM Humanities Council

**Barelas, Social Hall**  
Wednesday, October 28  
12:00 - 1:00 pm

**Spooktacular Annual Ball**

You are invited to our FANGtastic Party! Eat drink and be SCARY!

**Los Volcanes, Social Hall**  
Thursday, October 29  
1:30 - 3:00 pm

**Monster Mash Luncheon**

Eat Drink and be Scary, wear a costume if you dare!

**Bear Canyon, Social Hall**  
Friday, October 30th  
\$4.00 Reservations Required  
Lunch from 11:30 am - 1:00 pm

**Special Shapes Rodeo Breakfast**

The coveted views on our west end Balcony will be available to you at our annual Special Shapes Rodeo Breakfast. We will have hot coffee and breakfast burritos provided by our neighbor Whataburger.

**North Domingo Baca**  
Friday, October 9  
7:00 - 9:00 am

**3rd Annual Pet Parade**

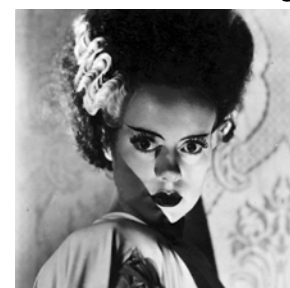
Join the fun at the Halloween party made for you and your friendly pet. Bring yourself and your pet in a costume.

**North Valley, Social Hall**  
Friday  
October 30  
10:00 am-12:00 pm

**Halloween Monster Bash**

Join us if you dare for fun! We will have food, music, dancing, and a costume contest. You'll have a haunting good time!

**Barelas, Social Hall**  
Friday, Oct. 30  
1:30 - 4:30 pm



**OCTOBER 2015, con't.****Halloween Face Painting**

A party is brewing! Come and get ready for our Monster Bash!

**Barelas, Social Hall**  
Friday, October 30  
10:00 am - 12:00 pm  
\$2.50 per person

**Annual Family Halloween CarnEvil!**

The ghostess with the mostess invites all the ghouls and goblins in the land for an afternoon of spooktacular games, food and a haunted house! Bring yourself and your furry friends in costume for a pet parade to see who is the scariest of them all. Hope to see you all there in the meantime happy hauntings!

**Manzano Mesa**  
Saturday, October 31  
10:00 am - 2:00 pm

**NOVEMBER 2015****Family Science Night**

Join us for a night of fun science experiments for the whole family! Make a catapult, create a geyser or harness the power of electrons in these exciting projects!

**Manzano Mesa**  
November TBD  
5:00 - 7:30 pm Free

**Dia de los Muertos – The Day of the Dead**

The party continues with a traditional festival celebrating the reunion of dead relatives with their families. In Spanish, All Saints Day and All Souls Day are known as El Dia de Todos los Santos and El Dia de los Muertos, respectively. This all stems from the ancient indigenous peoples of Mexico who believed that the souls of the dead return each year to visit with

their living relatives - to eat, drink and be merry; just like they did when they were living.

**Barelas, Social Hall**  
Monday, November 2  
11:00 am - 12:00 pm

**Remembrance Day**

On this special day let's take the time to remember all the brave men and women that have and are still serving our country.

**North Valley, Social Hall**  
Monday, November 9  
10:30 - 11:30 am

**Veterans Appreciation Entertainment**

Lunch entertainment in honor of our Veterans who gave so much

**Los Volcanes, Social Hall**  
Monday, November 9  
10:30 - 11:30 am  
Refreshments will be served.

**North Domingo Baca**  
Monday, November 9  
11:30 am - 12:30 pm

**Veterans Memorial Garden Celebration**

Please join us to honor our American Veterans both past and present in what has become an annual event here at Barelas. Enjoy the traditional music and join the military honor guard for a formal presentation of colors in the garden. Light refreshments will be served following the ceremony. Guests of honor will speak on the occasion. Please dress in red, white and blue to honor our veterans. Contact Patrick Turrieta, Garden Keeper or Theresa Winter for additional information or to assist with this event.

**Barelas, Garden**  
Monday, November 9  
9:00 - 11:00 am

**Oso Canyon Art Fest**

The 25th Annual Oso Canyon Art Fest is the place to be. This arts and crafts event features one-of-a-kind creations by talented local artists and crafters and it is the ideal place to find the perfect holiday gift. Refreshments will also be available for purchase. Tables rent for \$40 and go on sale August 3, 2015.

**Bear Canyon**  
Saturday, November 14,  
9:00 am - 3:00 pm

**Relax for a Day Luncheon**

As we start off the coming holiday season take time to enjoy this special luncheon before the chaos ensues. Dress for comfort and take this time to relax with friends.

**Palo Duro, Mesquite room**  
Thursday, November 19  
Lunch served at 11:30 am  
\$4.00 Reservations required

**Eat, Drink & Be Thankful Luncheon**

Thanksgiving is the time of the year, when we gather with friends so dear!

**Barelas, Social Hall**  
Wednesday, November 25  
11:30 am - 1:00 pm  
Reservations Required

**Giving Thanks**

We have so much to be thankful for. Open microphone to share.

**North Domingo Baca**  
Wednesday, November 25  
11:30 am - 12:30 pm

**Harvest Luncheon**

Let us be thankful together. Join us for Bear Canyon's annual Harvest Luncheon.

**Bear Canyon, Social Hall**  
Friday, November 20th  
\$4.00 Reservations Required  
Lunch from 11:30 am - 1:00 pm





### Thanksgiving

Don't forget to make your reservation for our Annual Thanksgiving Luncheon, complete with Turkey, Dressing and all the festive Thanksgiving treats! (No Ala-carte menu on this day)

**Highland, Social Hall**  
Wednesday, November 25th  
\$3.25 Reservations Required  
Lunch from 11:30 am - 1:00 pm

### Thanksgiving Luncheon

Join us for a traditional Thanksgiving meal and entertainment.

**North Valley, Social Hall**  
Wednesday, November 25th  
11:00 am - 12:30 pm  
Reservation Required, \$2 donation

### The "Apple of my Eye" Thanksgiving Luncheon

It's a traditional Thanksgiving meal featuring entertainment with an apple twist.

**Manzano Mesa, Social Hall**  
Wednesday, November 25th  
11:30 am - 12:30 pm  
Reservation Required, \$2 donation

## DECEMBER 2015

### Tree Trimming

Bring or donate a special ornament to put on the North Valley Christmas tree. Hot cider and biscochitos will be served during this fun event.

**North Valley, Social Hall**  
Thursday, December 3  
9:30 - 10:30 am

### Deck the Halls and Trim the Tree Party

We'll start at nine and end when it's done (or the hot chocolate is gone!)

**Barelas, Lobby**  
Thursday, December 3  
9:00 - 11:00 am



### Tree Trimming

Join us as we decorate for the holiday season. Warm up with some hot chocolate, hot apple cider and holiday cookies, entertainment by Ray Lucero.

**Bear Canyon, Social Hall**  
Friday, December 4  
9:30 - 11:00 am

**Los Volcanes, Lobby**  
Wednesday, December 3  
10:00 am - 12:00 pm

### Tree Trimming Party

Get in the Holiday Spirit. Personalize our Christmas Trees with your special touch. Enjoy refreshments and warm community spirit making our building sparkle and shine for the Holiday Season.

**North Domingo Baca**  
Friday, December 4  
9:00 - 10:30 am



### Annual Holiday Arts & Crafts Fair

Come shop for the holidays. Enjoy all types of homemade arts and crafts, woodworking, bead work, paintings, jewelry and much more. Crafters - Be sure to sign up early as tables will sell out quickly.

**North Valley, Social Hall**  
Friday, December 4  
9:00 am - 2:00 pm

### Tis' the Season Luncheon

It's a special time of year! Let's celebrate the season with a Holiday luncheon and to get you in the spirit, Christmas music from Highland's very own Harmonizers!

**Highland, Social Hall**  
Thursday, December 10  
\$4.00 Ticket Required  
Serving Lunch from  
11:30 am - 12 noon

*Join Us Now!!  
Membership is only \$13/Year*



### Holiday Luncheon

Tis' the season to be jolly, naughty or nice so join your friends at Palo Duro for a traditional Holiday Luncheon.

**Palo Duro, Mesquite room**  
Thursday, December 17  
Lunch served at 11:30 am  
\$4.00 Reservations required

### Holiday Tea Party

The weather outside may be frightful, but our tea party will be so delightful! Join us for some warm tea and refreshments!

**Barelas, Lead/Coal**  
Thursday, December 10  
11:00 am - 12:00 pm  
Reservations Requested.  
Limited to 24



### "The Nutcracker in the Land of Enchantment"

Come and enjoy this wonderful classical performance by Festival Ballet with a touch of New Mexico!

**Barelas, Lead/Coal**  
Friday, December 11  
10:30 - 11:30 am

### Holiday Cake Walk and Karaoke

Sing along to your favorite Christmas tunes while trying your luck at bringing home a holiday cake!

**North Domingo Baca**  
Friday, December 11  
10:00 - 11:30 am

### Holiday Party

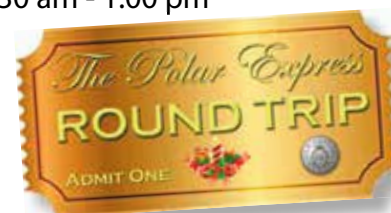
Entertainment and games will be part of the fun! Food, Desserts and Drinks will be served. Bring a dish if you would like. Sign up at front desk.

**Los Volcanes, Social Hall**  
Monday, December 14

### Holiday Cake Walk

Walking and rocking around the Christmas tree. Try your luck and win a cake!

**North Domingo Baca**  
Thursday, December 17  
11:30 am - 1:00 pm



## DEC. 2015, con't.

### All Aboard...The Polar Express

All aboard as we sip hot coco from the hot chocolate station and snack on holiday goodies all the while watching the feature film. Don't forget your P.J.'s!

#### Manzano Mesa

Friday, December 18  
5:00 - 8:30 pm  
Free

### Holiday Luncheon

Celebrate the season with your friends at Bear Canyon for our annual Holiday Luncheon.

#### Bear Canyon, Social Hall

Friday, December 18  
\$4.00 Reservations Required  
Lunch from 11:30 am - 1:00 pm

### Holiday Pot Luck & Ornament Exchange

Join us for our annual pot luck. Bring a dish and an ornament if you want to participate. Entertainment and special prizes will be part of the fun!

#### North Valley, Social Hall

Friday, December 18  
10:30 am - 12:30 pm

### New Year's Eve Dance

Dancing, hor d'oeuvres, non-alcoholic drinks and party favors. This is the place to be, New Years Eve at the North Domingo Multigenerational Center. Get your tickets early. They will go fast. Free Event.

#### North Domingo Baca

Thursday, December 31  
8:00 - 11:00 pm



### New Year's Eve Dance

Ring in the New Year at Bear Canyon Senior Center, dancing, refreshments, party favors and entertainment by Trio Bravo.

#### Bear Canyon

Thursday, December 31  
6:00 - 9:00 pm  
Free Event

### Holiday Ornament Making

We will have an ornament making class using ceramics pieces. Get into the holiday spirit by creating your own special Christmas ornament.

**Barelas Senior Center**  
Tuesday, December 22  
TBA



*Most activities are free with membership unless otherwise indicated.*



### Bingo

Bingo with cash and prize giveaways, raffle drawings and refreshments.

#### Barelas, Social Hall

Tuesday, 1:15 - 3:45 pm

#### Bear Canyon, Social Hall

Wednesday, 1:30 - 4:00 pm

#### Highland, Social Hall

Monday, 1:15 - 3:30 pm

#### Los Volcanes, Social Hall

Friday, 1:30 - 3:30 pm

#### Manzano Mesa, Social Hall

Thursday, 1:30 - 4:00 pm

#### Palo Duro, Mesquite

Tuesday, 1:15 - 4:00 pm  
\$1.75 and up to play

### Billiards

Visit and meet with friends. A variety of games are played at each center. Donation requested.

#### Barelas, Billiards Room

Monday - Friday, 8:00 am - 5:00 pm

#### Bear Canyon, Pool Room

Monday - Friday 9:00 am - 4:45 pm  
Saturday, 9:00 am - 2:45 pm

#### Highland, Billiards Room

Monday - Friday, 8:00 am - 5:00 pm  
Saturday, 10:00 am - 4:00 pm

#### Los Volcanes, Poolroom

Monday - Friday, 8:00 am - 5:00 pm  
Thursday, 8:00 am - 7:00 pm  
Saturday, 9:00 am - 1:00 pm



#### Manzano Mesa, Game Room

Monday - Friday, 8:00 am - 8:50 pm  
Saturday, 9:00 am - 2:50 pm

#### Palo Duro

Monday - Friday, 8:00am - 5:00 pm  
Saturday, 9:00 am - 1:00 pm

#### North Valley, Billiards Room

Mon, Wed, Thur, Fri

8:00 am - 5:00 pm  
Tuesday, 8:00 am - 7:00 pm  
Sunday, 12:30 - 5:00 pm



### Board Games and Puzzles

Play board games, cards, checkers, chess or Lotería (Spanish Bingo), or put together a jigsaw puzzle. Games available to be checked out at front desk.

#### Barelas, Lobby

Monday - Friday, 8:00 am - 4:00 pm

#### Los Volcanes, Room 9

Mon., Wed., Fri., 9:00 - 11:00 am

#### North Valley, Social Hall

Thursday, 9:30 - 11:00 am

### Bridge

#### Manzano Mesa, Sitting Room

1st & 3rd Friday, 10:00 am - 2:30 pm





### Bridge: Duplicate

Players are invited to participate in this non-sanctioned game. Pre-arrange your partners before the game or call 881-9725 to locate a possible partner.

**Palo Duro, Cottonwood**  
Monday, 12:15 - 4:00 pm  
Friday, 12:15 - 4:00 pm

### Bridge, Senior Men's

**Palo Duro, Aspen**  
1st Thursday, 12:30 - 4:00 pm

### Bridge, Party

Offered throughout the week, most games require you to have your own foursome.

**Los Volcanes, Room 10**  
Friday, 12:30 - 3:30 pm

### Bridge

**Highland, Room 3**  
Tuesday, 12:00 - 4:30 pm

**Palo Duro, Aspen**  
Wednesday, 12:30 - 2:45 pm

### Bridge: Saturday

For intermediate and advanced bridge players.

**Manzano Mesa**



### Chess for Fun

Learn the basics, or the moves of the masters. All levels welcome.

**Bear Canyon, Room 2**  
Monday 11:30 am - 2:30 pm  
Wednesday, 1:30 - 4:30 pm  
Coordinator: Don Lubin



**Highland, Room 3**  
Wednesday, 1:00 - 3:00 pm

**Los Volcanes, Lobby**  
Saturday, 10:00 am - 12:30 pm

### Cribbage

**North Valley, Room 4**  
Thursday, 1:30 - 4:00 pm

**Palo Duro, Mesquite**  
Friday, 1:00 - 3:00 pm, Goodman

### Hearts/Spades

Tuesday 9:00 am - 12:00 pm  
Game Card Room



### Shanghai Rummy

**Bear Canyon, Room 4**  
Thursday, 12:30 - 4:00 pm

### Game Time!

Come play a new game or an old favorite such as Scrabble, Uno, Apples to Apples, Rummy-O, Parcheesi, Backgammon or bring one of your own!

**Palo Duro, Aspen**  
Wednesday, 12:25 - 4:15 pm

### Mah Jongg

This game is played with 144 tiles that are drawn and discarded until a player gets a winning hand.

**Bear Canyon, Room 4**  
Monday, 12:30 - 4:30 pm  
Instructor: Carrie Przehurat

**Highland Room 4**  
Monday 1:00 - 4:00 pm

**Los Volcanes, Room 10**  
Thursday, 12:30 - 4:15 pm



### Mexican Train Dominoes

**Highland, Room 4**  
Wednesday, 12:30 - 3:30 pm

**Los Volcanes, Room 10**  
Tuesday, 12:00 - 3:00 pm



### Pinochle

**Bear Canyon, Room 4**  
Tuesday, 12:30 - 4:45 pm  
Kathleen & Carlton Valcourt

**Bear Canyon, Lobby**  
Tuesday, 9:30 - 11:30 am  
Ray Kranz

**Highland, Room 3**  
Tues. and Thurs., 12:00 - 4:00 pm

**Los Volcanes, Lobby**  
Wednesday, 12:30 - 4:00 pm

**Manzano Mesa, Room 4**  
Wednesday, 1:00 - 4:00 pm

### Poker

**Bear Canyon, Pool Room**  
Monday, Wednesday - Friday,  
12:00 - 3:30 pm

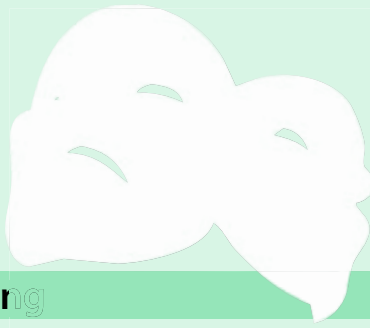
**Los Volcanes, Room 9**  
Monday - Friday, 12:30 - 4:30 pm

**North Valley, Library**  
Monday - Friday, 12:00 - 4:00 pm

### Euchre

A trick-taking card game most commonly played with four people in two partnerships with a deck of 24 standard playing cards.

**Los Volcanes, Room 1**  
Tuesday, 2:15 - 5:00 pm  
Liz Terry



### Acting

#### Rio Grande Players

This group welcomes seniors with an interest in theatre, no experience needed. Participate on and off stage.

**Palo Duro, Aspen**  
Tuesday, 2:15 - 4:30 pm

#### Vintage Players

Members read and perform monologues, readings, skits, one act plays and original material.

**Manzano Mesa, Room 3**  
4th Saturday, 10:00 am - 12:00 pm  
Janet Porter

Bridge · Chess · Cribbage · Rummy  
Game Time · Mah Jongg · Mexican  
Train Dominoes · Pinochle · Poker · Euchre

Games  
& Cards

Acting

Groups & Clubs

## Acting, con't.

### Highland Readers Theater

Starting each September we start to rehearse for adult plays; new people are encouraged to join in the month of April when the group is starting to rehearse for children's plays. No audition required; everyone is welcome.

**Highland, Room 7**  
Tuesday, 3:15 - 5:00 pm

### Arts and Crafts

#### Artist Series

**Highland, Room 8**  
Monday, 9:30 - 11:30 am



#### Scents the Beginning: Essential Oils

**North Domingo Baca, Room 1,**  
Community Room  
4th Monday, 6:00 - 8:30 pm

#### Origami Group

**North Valley, Room 4**  
1st Sunday, 1:30-3:30 pm



#### Knitting Guild

**North Domingo Baca, Room 7**  
1st Saturday, 12:00 - 2:00 pm

#### NM Polymer Clay

**N. Domingo Baca, Community Room**  
2nd Saturday, 12:00 - 3:00 pm

#### Westside Painting Group

**Los Volcanes, Room 4**  
2nd Saturday, 10:00 am - 1:00 pm

#### Holiday Ornament Making

We will have an ornament making class using ceramics pieces. Get into the holiday spirit by creating your own special Christmas ornament.

**Barelas**  
Tuesday, December 22  
TBA



## Auto and RV Clubs

### Corvairs of New Mexico

A 37 year charter member of the Corvair Society of America, we meet to plan activities, talk mechanical issues and participate in social and charitable events.

**Highland, Room 4**  
3rd Wednesday,  
5:00 - 6:00 pm



**N. Domingo Baca**  
Community Room  
1st Wednesday, 7:00 - 8:30 pm

### Siglo De Oro R.V. Club

Excursions around the state and beyond will highlight our travel season. Join us for our monthly business meeting and trip signup, followed by a "get together" luncheon at a local restaurant.

**Bear Canyon, Social Hall West**  
3rd Tuesday, (except Nov., Dec.)  
10:00 - 11:00 am



## Book and Discussion

### Classic and Great Books

Energize your mind.

**Bear Canyon, Room 2**  
2nd & 4th Friday, 1:00 - 3:00 pm  
Kathy Nunn

### Bible Study

Explore ways to relate unchanging truths to life today. Open to all ages, faiths, and interest—sit in for any or all studies. Scripture portions are printed out for participants.

**Los Volcanes, Room 2**  
Tuesday, 9:30 - 11:30 am  
Maria Martinez, Jose Balboa

**Manzano Mesa, Room 5**  
Thursday, 10:00 - 11:00 am

**N. Domingo Baca, Community Rm.**  
Wednesday, 9:00 - 10:00 am  
John Embery

**North Valley, Room 3**  
Thursday, 9:30 - 10:30 am  
Rev. Chavez



### Community Bible Study

**N. Domingo Baca, Classroom 1**  
Wednesday, 6:30 - 8:30 pm  
Josh Peterson

### Women's Bible Discussion

**Manzano Mesa, Room 4**  
Tuesday, 10:30 am - 12:30 pm

### History of the Bible

In this nondenominational class, we will be looking into Bible history, and how to study the Bible.

**N. Domingo Baca, Classroom 7**  
Thursday, 11:00 am - 12:30 pm  
Thursday, 6:30 - 8:00 pm  
Bruce Leonard

### Bilingual Bible Study

This study includes mariachi gospel music. Join us as we study scripture together in English and Spanish.

**North Valley, SH-S**  
Monday, 10:30 - 11:30 am  
Julian Padilla

### Open Topic Discussion Group

Discuss ideas, values and problems of the times. Occasionally, guest speakers are invited.

**Palo Duro, Aspen**  
Thursday, 1:00 - 3:00 pm  
Gustafson



**Mystery Book Club**

All the books that we read are available at the public library. Everyone is welcome so please join us!

**Palo Duro, Ponderosa**  
2nd Tuesday, 1:30 - 2:30 pm  
Rankin

**The Novel Etc. Book Club**

**Highland, Room 3**  
2nd Saturday, 2:30 - 4:00 pm

**Romance Readers Book Club**

**North Domingo Baca, Room**  
1st Tuesday, 6:30 - 7:30 pm



**Community Groups**

**Sociable Singles**

**Bear Canyon, Social**  
4th Thurs., Room, 5, 3:00 - 5:30 pm  
Meeting, 1st Tuesday,  
Room 1, 11:00 am - 1:00 pm  
Meeting, 3rd Friday,  
Room 4, 3:00 - 4:45 pm

**Albuq. Roadrunners Club**

**N. Domingo Baca, Room 4**  
1st Wednesday, 6:30 - 8:30 pm  
Glenda Muirhead

**Bead Society of New Mexico**

**N. Domingo Baca, Room 5**  
4th Monday, 2:00 - 6:00 pm  
Sue Ortiz

**LGBT Meetings**

This is a time to get together and share about what's happening in our lives and our community. Plus we will discuss ideas on how we can make things better for LGBT older adults and all the members of our community.

**Highland, Room 7**  
Every 2nd Thursday  
2:00 - 4:00 pm



**Free Thinkers Toastmasters**

Toastmasters International is a non-profit educational organization that operates clubs worldwide for the purpose of helping members improve their communication, public speaking, and leadership skills.

**Manzano Mesa, Room 4**  
1st & 3rd Thursday  
5:30 - 6:30 pm

**Kirkland New Horizon  
Toastmasters**

Toastmasters International is a non-profit educational organization that operates clubs worldwide for the purpose of helping members improve their communication, public speaking, and leadership skills.

**Manzano Mesa, Room 5**  
1st & 3rd Friday  
11:45 am - 1:30 pm

**UFO/Paranormal Group**

**Manzano Mesa, Room 4**  
4th Saturday  
12:00 - 2:50 pm



**Albuquerque Cyberscribes Writing Group**

This group puts writing projects online and reads these during meetings. We discuss writing principles and methods and sometimes divide parts and read screenplays out loud.

**North Domingo Baca**  
Monday, 6:00 - 8:30 pm



**Poetry Critique Group**

**North Domingo Baca**  
Wednesday, 10:00 am - 12:00 pm  
**Symbols of the Southwest**

This is a group that studies 18th/19th Century playing cards/divination and gaming decks. We examine their origins, symbolism, artwork and their applications in gaming, both traditional and contemporary.

**North Domingo Baca**  
4th Saturday, 12:30 - 2:30 pm

**Colonial Park Association**

**Palo Duro, Piñon**  
Wednesday, 5:45 - 6:30 pm  
July 15, Sept. 16, Nov. 18

**Valle Del Canto  
Home-Owner's Association**

**Los Volcanes, Room 2**  
1st Thursday, 5:30 - 6:30 pm

**Los Alamos Neighborhood  
Association (LANA)**

Protects property values and promotes the continued proper land use in the Los Alamos Subdivision.

**North Valley, Social Hall**  
Times and dates TBA  
Mary Turpin

**Near North Valley  
Neighborhood Association**

**North Valley, Social Hall**  
Times and Dates TBA

**Family**

**Family Reclaiming Families**

This community outreach project seeks to engage children of working refugee families in meaningful activities.

**Manzano Mesa, Room 5**  
Monday, 6:30 - 7:30 pm  
Nkazi Sinandile

**Genealogy Club**

Learn to research your family history using internet sources, including tools and references on how to get started. No registration required.

**Bear Canyon, Room 4**  
3rd Friday, 12:30 - 2:30 pm  
Otahal, Holub



**Music**

**Accordion Group**

Group open to accordion players of any level.

**Bear Canyon, Room 3**  
2nd & 4th Thursday, 7:00 - 9:00 pm  
Dan Wright

**Palo Duro, Aspen**  
Friday, 9:00 am - 12:00 pm  
Hendley

**Palo Duro, Aspen**  
3rd Saturday  
10:00 am - 12:00 pm  
Hendly



Music, con't.

Beartones

This is a four part (soprano, alto, tenor, and bass) singing group. Ability to read music is a plus.  
Linda Thomas

**Bear Canyon, Room 1**  
Thursday, 10:00 am - 12:00 pm

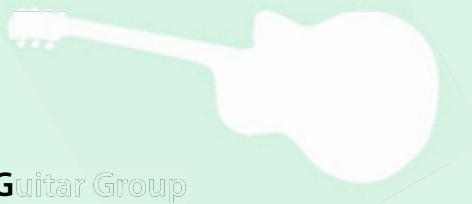
Choralaires

No musical training is required. Group also performs at community venues.

**Palo Duro, Cottonwood**  
Monday, 9:00 - 11:00 am  
Artery

Health Rhythms Empowerment Drumming

**North Domingo Baca, Room 7**  
Tuesday, 7:00 - 8:15 pm



Guitar Group

For those who can play guitar in the keys of C-D-G-etc. Also, other instruments are welcome. You need your own instrument and music stand. We welcome musicians, amateurs and professionals.

**Bear Canyon, Room 5**  
Monday, 2:00 - 4:00 pm  
Instructor: Benavidez

**North Valley, Social Hall**  
Tuesday, Friday, 10:00 - 11:45 am

Karaoke

Do you like to dance, do you like to sing? Maybe you can be a North Valley Karaoke Queen or King. Join us for Karaoke and dancing.

**North Valley, SH**  
Thursday, 9:30 - 11:00 am



Piano Music

Piano music for your enjoyment.

**North Valley, SH**  
Thursday, 11:00 am - 12:00 noon

Roadrunner Strummers

Peace, fun and harmony with the ukelele. New members welcomed.

**Highland, Room 8**  
Saturday 10:00 am - 12:30 pm

Piano Workshop, Beginning/Intermediate (No summer classes)

**Bear Canyon, Room 2**  
Thursday, 9:00 - 10:30 am

Piano Workshop, Intermediate (No summer classes)

**Bear Canyon, Room 2**  
Thursday, 11:00 am - 12:00 pm



Violin Workshop

**Bear Canyon, Room 1**  
Friday, 1:00 - 3:30 pm



Highland Harmonizers

**Highland, Room 7**  
Wednesday, 10:00 am - 12:00 pm

Highland Hi-Toners

**Highland, Room 7**  
1st, 2nd & 3rd Friday,  
10:30 am - 12:00 pm

Jug Band Practice

**Palo Duro, Juniper**  
Monday, 11:30 am - 1:00 pm  
Homer



Mariachi Group

**Barelas, Lead & Coal**  
Friday, 12:15 - 1:30 pm



Palo Duro Band Practice

For members who play an instrument.

**Palo Duro, Aspen**  
Friday, 1:00 - 3:00 pm  
Denhollander



Sing-A-Long

**Manzano Mesa, Room 4**  
Tuesday, 1:00 - 2:15 pm  
Richard Mabry



Alb. Recorder Orchestra

**Palo Duro, Piñon**  
Saturday, 9:30 - 11:30 am  
Hale or Shaw

Other Interest Groups

Soroptimist Int. of Albuquerque

**N. Domingo Baca, Class 1**  
1st Monday, 5:30 - 7:45 pm  
Joy Donelson

Scrabble Club

**Highland, Saturday** 12:00 - 3:45 pm

Canasta Hand & Foot

**Bear Canyon, Room 4**  
Monday 12:15 - 4:30 pm  
Annette Brannock/Ed Roush

**Bear Canyon, Room 1**  
Thursday 12:30 - 4:30 PM  
Bev Butterfield

Bridge Walk In

**Bear Canyon, Room 3**  
Wednesday 12:30 - 3:30 pm  
Thursday 8:30 - 11:30 am  
Barbara



El Camino Real Garden Club

Sign up and join this free garden club as it starts its 3rd successful year of planning, planting, and growing a wonderful lush garden at the Barelas Senior Center.

**Barelas, Social Hall**  
Monday, March 9  
1:00 - 2:00 pm  
Patrick Turrieta  
Call for details



## Duke City Fliers

**North Domingo Baca**, Community Rm.  
2nd Thursday, 6:00 - 8:00 pm

## Albuquerque Tea Party

We report on and plan non-partisan activities such as registering voters and educating participants on issues and candidate positions. ABQ Tea Party is non-partisan and does not exclude anyone because of party affiliation, religion, race, etc.

**N. Domingo Baca**, Community Rm.  
Every Tuesday (except 3rd Tuesday),  
6:30 - 9:00 pm  
Marge Tapia

## Alb. Wildlife Federation

**Manzano Mesa**, Room 3  
2nd Thursday, 6:00 - 8:45 pm

## Discussion on Philosophy and Related Topics

**N. Domingo Baca**, Community Rm.  
3rd Tuesday, 6:00 - 8:45 pm

## Libros Group Bookbinding Study Group

**Manzano Mesa**, Room 3  
1st Saturday, 9:00 am - 12:00 pm

## Youth in Model Railroading

**N. Domingo Baca**, Room 1  
2nd Saturday, 12:00 - 2:30 pm



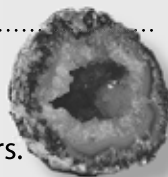
## Palo Duro Philatelic Society

Join us for mixtures, the trading circuit and door prizes.

**Palo Duro**, Ponderosa  
Monday, 11:15 am - 3:00 pm  
Ellison

## Rock Hound Club

**Palo Duro**, Aspen  
**Meetings:** 1st and 3rd Thurs.  
Noon - 1:00 pm  
**Trips:** 2nd and 4th Thursday  
8:15 am - 4:30 pm, 5¢/mile, Harris



# VOICES OF THE VALLEY

## Poetry Group

"Voices of the Valley" poetry group is about poets getting together to read, write and discuss poetry of all genres. (limit 8 in group).

**North Valley**, Computer Lab  
2nd and 4th Friday, 1:00 - 3:00 pm

## Investment

### Invest in Debt

**Manzano Mesa**, Room 5  
2nd Wednesday, 6:00 - 9:00 pm

## Investment Club

Club follows the NAIC program

**Palo Duro**,  
Computer Lab  
3rd Wed.,  
10:00 am - 12:00 pm



## T.O.P.S. Take Off Pounds Sensibly

**Bear Canyon**, Room 4  
Thursdays, 8:00 am - 9:15 pm

**Manzano Mesa**, Room 4  
Friday, 10:00 - 11:30 am

**North Domingo Baca**, Room  
Tuesday, 10:00 am - 12:00 pm

**Palo Duro**, Aspen  
Monday, 11:45 am - 1:00 pm, Eberting

## Senior Issues

### Grey Panthers

Grey Panthers brings together young, old, women, men, persons of all ethnic, racial and economic backgrounds for the promotion of social and economic justice.

**Highland**, Room 7  
4th Sat., 1:00 - 3:00 pm



*There is a center  
close to you!  
See page 3*

**Center memberships  
are only \$13 a year!**



## NARFE Chapter 80

The National Association of Retired Federal Employees meets to preserve federal retirement and health benefits. Open to civilian employees, retirees, survivors and spouses with at least 5 years of federal government service.

**Palo Duro**, Mesquite Room  
1st Sat., 11:00 am - 12:45 pm Mae

## Retired Physicians Group

**Palo Duro**, Ponderosa  
Monday, 3:00 - 4:30 pm, Dr. Castillo

## Retired Public Employees Association Chapter #096

**Los Volcanes**, Room 2  
Fri. (every 6 months) 1:00 - 3:00 pm  
Larry Sullivan



## Social Networking

### Cherokees of New Mexico

**Manzano Mesa**, Room 4  
3rd Saturday, 12:00 - 3:00 pm



## Social Networking, con't.

### Red Hat Society

Join your senior sisters across the nation and the world, and greet middle age with verve, humor and frivolity. The only criteria for joining are willingness to share and a red hat.

**Manzano Mesa, Social Hall**  
3rd Thursday,  
10:00 - 11:30 am

**Palo Duro, Aspen**  
1st Saturday,  
11:00 am - 12:30 pm



### Society of Creative Anachronism

Monthly Citizen's Meeting.  
Hear what is happening.

**Manzano Mesa, Room 5**  
3rd Tuesday, 6:00 - 8:50 pm

### Vietnamese Senior Association

Meet to visit and enjoy social contact with other Vietnamese and to take trips within the community.

**Manzano Mesa, Room 4**  
Saturday, 9:00 am - 12:00 pm

### FAFNM

**North Domingo Baca**  
Last Saturday of the month  
11:00 am - 2:00 pm



## Outdoor Sports

### Fishing Club

Fisherman and fisherwomen, join us for a lot of fun and camaraderie.

**Bear Canyon, Room 1**  
Club Meetings held the Monday before fishing trips  
1:00 - 2:00 pm  
Call Center for Dates  
Ken Nau

**Los Volcanes,**  
Trips: every other Thursday,  
Check in 5:00 am • Depart 5:15 am  
April - October  
Michael Gallegos, Abram Lucero

*Pick up a Sports  
& Fitness Catalog  
for details on  
Winter Sports  
Activities!*



### North Valley

Meets: Monday, 11:00 am  
Trips: Tuesday, 6:00 am

### Palo Duro, Mesquite

Meetings: Thursday before  
trips 10:30 am  
Trips: Every other Tuesday  
6:00 am • 4:00 pm  
5¢ per mile, Rozelle & Francke

### Advanced Hiking

Enjoy these Advanced level hiking trips year round. Schedules are available at front desk or online at [www.aschg.org](http://www.aschg.org) 5¢/mile.

### Bear Canyon

Every other Thursday  
starting July 9, 8:00 am  
Coordinator: Sandy McAvoy

## Travel Clubs

Albuquerque Travel Partners  
We bring together lively seniors to discuss potential travel ideas.

**Palo Duro, Piñon**  
2nd and 4th Tues., 1:00 - 3:00 pm  
Garcia

## Special Interests

### Albuquerque Historic Aviation Society

A group is for aviation lovers to spend time visiting with fellow enthusiasts.

**Bear Canyon, Rooms 3 & 4**  
1st Thursday, 7:00 - 9:00 pm  
Harry Davidson 256-7212

### Zia Sundials, Chapter #106

Members of the National Association of Watch and Clock Collectors.

**Bear Canyon, Room 5**  
2nd Saturday, 12:00 - 3:00 pm

## Miscellaneous

## Support Groups

### Alzheimer's Caregivers Support Group

Bi-Lingual Spanish/English support group for caregivers of those caring for a loved one with Alzheimer's disease.

### North Valley, Room 3

2nd Thursday  
1:30 - 2:30 pm  
Alzheimer's Association, NM Chapter

### Essential Tremors Support Group

**Palo Duro, Ponderosa**  
3rd Saturday, 10:00 am - 12:00 pm  
gluten Intolerance

### Prostate Cancer Support Association of NM, Inc.

**Bear Canyon, Room 3**  
1st & 3rd Saturday, 12:30 - 3:00 pm  
Lou Reimer, 254-7784

### Deaf Seniors Citizens of Greater Albuquerque

**Palo Duro, Cottonwood**  
Thursday, 8:30 am - 12:00 pm  
Seth & Johnson

### Grief Support Group

Join this caring group of individuals and find the support you need. All are welcome to attend. No registration is necessary.

**Bear Canyon, Room 2**  
Monday, 3:00 - 4:30 pm  
Joanne Rupprecht

### Parkinson's Education

The New Mexico Parkinson's Disease Coalition holds semi-monthly education meetings for people with Parkinson's, care partners, families and interested professionals. For More Details call 219-5065

**Highland, Social Hall**  
Sat., Aug. 15, Oct. 17, Dec. 19  
1:00 - 2:30 pm

What's happening at the  
Kimo Theatre?  
*See page 35*





## JULY - DEC. 2015

*Prior Sign-up is required to attend presentations. Call appropriate center to register.*

### Health Awareness and Prevention

#### Dementia Memory Care

Become familiar with the different types and causes of dementia and discover strategies to cope with its progression whether you or a loved one develop some form of this disease which affects 50% of people over the age of 85.

**Palo Duro, Ponderosa**  
Wednesday, July 22  
9:30 am  
Stephanie Cousins, Hospice Liaison, BSN

#### CPR

**North Valley, Room 5**  
Wednesday, July 29  
9:30 - 10:30 am  
Project Heart Start

**Bear Canyon, Room 4**  
Wednesday, July 22 & August 26  
10:00 - 11:00 am  
Project Heart Start

#### First Aid

All Essential Oils are potential candidates for a first aid kit because of their many uses. This class will discuss six of those oils and their uses.

**Barelas, Lead/Coal**  
Thursday, August 6  
11:00 am - 12:00 pm  
Deb Garey, doTERRA



#### Allergies

Allergies involve exaggerated responses of the immune system, often to substances such as food, chemicals or pollen. This response is called an allergic reaction. This class offers suggestions for Essential Oils that may eliminate the symptoms of the allergic reaction.

**Barelas, Lead/Coal**  
Thursday, September 10  
11:00 am - 12:00 pm  
Deb Garey, doTERRA



#### Understanding NM Traditional Healing Methods

As we began to address the health needs of our aging community, we are making efforts to blend the wisdom of our elders and ancestors. We would like to support and educate the community regarding the blending of both allopathic and traditional medicine and how it can help improve the health of our elders. We know that over the years our community diets and lifestyles have changed and our community is not as healthy. We need to return to our cultural wisdom of traditional medicine, and health modification. This workshop will give an in-depth explanation on the different types of traditional medicine, and the history. The overall goal is to remember the medicine of our ancestors to help us bring a balance to our mind, body and spirit. In addition, we would like to inspire the grandparents and parents to begin teaching their children about traditional medicine.

**Barelas, Lead /Coal**  
Tuesday, September 22  
10:00 am • 12:00 pm  
Tuesday, September 29  
10:00 am • 12:00 pm  
Tonita Gonzales



#### Pain Management

The Albuquerque Grand would like present a talk on pain. "Pain, Pain go away, come again... well, never."

**North Valley, Room 4**  
Wednesday, September 30  
9:30 - 10:30 am

#### Acupuncture

"The overall aim of acupuncture is to restore the body's equilibrium and it can be extremely beneficial in helping the elderly. Dr. Li Xu, Ph.D.(Acupuncture), Doctor of Oriental Medicine, will present how you can use certain acupressure points to reduce your pain, improve digestion, maintain your blood sugar and blood pressure, and improve your mood and energy."

**Bear Canyon, Room 5**  
Wednesday, October 7  
10:00 - 11:00 am  
Li Xu



#### Recognizing the signs of Alzheimer's

Learn to recognize the signs of Alzheimer's and how to distinguish the differences between Alzheimer's and dementia. Find the help you need and learn coping skills to take care of your loved ones suffering with this illness.

**North Valley, Room 4**  
Wednesday, October 21  
9:30 - 10:30 am

#### A Matter of Balance, Managing concerns about Falls

This program is sponsored by UNMH Trauma Support Program. This is an eight week program.

Session 1: Introduction to the Program  
Session 2: Exploring Thoughts and Concerns about Falling  
Session 3: Exercise and Fall Prevention  
Session 4: Assertiveness and Fall Prevention  
Session 5: Managing Concerns about Falling  
Session 6: Recognizing Fall-ty Habits  
Session 7: Recognizing Fall Hazards in the Home and Community  
Session 8: Practicing No Fall-ty Habits, Fall Prevention Putting it all Together

**North Valley, Room 3 & 4**  
Friday, October 23-December 11  
10:00 - 11:30 am



### Macular Degeneration & Vision Problems

If you or a loved one is suffering with vision problems this presentation is for you. Learn more about macular degeneration and how to cope with vision loss. Also learn what the 20/20 Club is and what it can do for those of you suffering with macular degeneration and other vision problems.

**North Valley, Room 4**  
Wednesday, October 28  
9:30 - 10:30 am

### Cooking with Diabetes

In honor of Diabetes Awareness Month, join us for a cooking demonstration and presentation on healthy eating overall!

**Manzano Mesa, Room 4**  
Tuesday, November 3  
10:00 - 11:00 am  
Helping Hands

### The Signs and Symptoms of Stroke

Learn to recognize the signs and symptoms of stroke, risk factors, stroke terminology and treatments available. Also, get information about the Albuquerque Stroke Club and what role they have in helping those who have suffered a stroke.

**North Valley, Room 4**  
Wednesday, November 4  
9:30 - 10:30 am

### Depression and the Holidays

Depression during the holidays is common in the elderly. Learn how to recognize and get help for those who are depressed. Depression if left undiagnosed and untreated can lead to loss of independence; aggravate symptoms of other illnesses, lead to premature death and or result in suicide.

**North Valley, Room 3**  
Wednesday, December 2  
9:30 - 10:30 am

## Special Services



### Assistive Technology

The New Mexico Technology Assistance program (NMTAP) helps New Mexicans with disabilities enhance their quality of life through the use of assistive technology. In this presentation we will interactively explore different types of Assistive Technology and how it can improve your quality of life.

**Highland, Room 7**  
Thursday, July 30  
9:00 - 10:00 am  
Sponsored by: NMTAP

**Palo Duro, Ponderosa**  
Wednesday, August 19  
9:30 am  
Presenter: Samuel J. Castillo,  
Assistive Technology Coordinator

### VA Benefits Workshop-American Patriot Service Corp.

Join us for a Veterans Benefits Workshop to address special benefits exclusively for veterans and their spouses. Call 505-702-8027 to see if you may be eligible prior to attending the workshop.

**North Valley, Room 4**  
**Wednesday, July 15**  
9:30 - 11:00 am

**Palo Duro, Cottonwood**  
Wednesday, August 12  
5:30 pm  
Presenter: Kathy Robertson,  
Coordinator



## Financial

### Financial Fraud Schemes against the Elderly & Ways to Protect Yourself

The Department of Homeland Security-Homeland Security Investigations, in conjunction with the NM Attorney General's Office, will discuss how to avoid identity theft, lottery and sweepstake scams, telemarketing fraud, credit card fraud, advance fee schemes, mail theft, and pyramid schemes.

**Barelas, Lead/Coal**  
Tuesday, September 15  
10:00 - 11:00 am  
United States Department of Homeland Security

**North Valley, Room 4**  
Wednesday, September 23  
9:30 - 10:30 am

**Palo Duro, Ponderosa**  
Wednesday, November 18  
9:30 am  
Presenter: Denise Gutierrez, Victim Assistance Specialist



### Beyond Shredding & Locking up: The Other Types of ID Theft

December – it's holiday time -- and the beginning of the most dangerous season for ID Theft! ID Theft Specialist Gwentyth Lewis will teach you the secrets to defending yourself and your loved ones.

**Highland, Room 7**  
Thursday, December 3  
10:00 - 11:00 am

Do you enjoy theater?  
Join us at the Adobe Theater for "The Miss Firecracker Contest" or other wonderful performances.  
**See Page 68 for details.**





# Cultural Services

## ABC Library

ABC Library wants you to Join a Book Club @ Your Library! With 18 libraries, it won't be hard to find a club you enjoy! *For more information, please visit <http://abclibrary.org/books/groups>*

### Join a Book Club @ Your Library Mysteries at Cherry Hills

First Tuesday of the month; 6 - 7:30 pm

### Cherry Hills Book Discussion Group

First Friday of the month; 10:30 am - noon

### Spanish Literature Book Group at Cherry Hills

Varied dates. See the Cherry Hills event calendar

### Women's Friendship in Literature Book Study at Cherry Hills

3rd Tuesday of the month; 6 - 7:30 pm

### Erna Fergusson Book Club

First Wednesday of the month; 6 - 7:30 pm

### Bookworms at Juan Tabo

Third Tuesday of the month;  
1:30 - 2:30 pm

### ABC Seed Library Bookgroup at Juan Tabo

Third Tuesday of the month; 6 - 7:30 pm

### Reading the Southwest at Juan Tabo

Third Thursday of the month;  
1:30 - 2:30 pm

## Lomas Tramway Book Club

First Wednesday of the month; 2 - 3:15 pm

## Graphic Novel Club at Lomas Tramway

First Saturday of the month; 2 - 3 pm

## Los Griegos Book Group

Fourth Friday of the month; 3 - 4:30 pm

## Los Griegos Magical Mysteries Tour

Third Saturday of the month; 3 - 4:30 pm

## Main Library's Wide World of Mystery

Last Friday of the Month; 12 noon.

## North Valley Book Club

One Friday, every month Check for dates;  
12 noon.

## South Valley Book Discussion Group

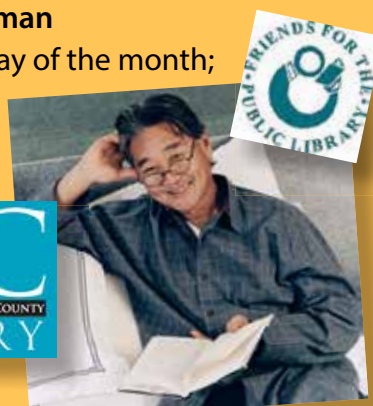
One Saturday, every month. Check for  
dates; 12 noon.

## Taylor Ranch Reading Group

Second Saturday of the month;  
2 - 3:30 pm

## Who Dunnit? Mystery Book Club at Tony Hillerman

Second Tuesday of the month;  
3 - 4:30 pm



## The KiMo Theatre

423 Central Avenue NW

Each summer the KiMo presents a variety of classics films, from Movie Musicals to this summer's Sci-Fi Sequels and Second Takes. In the fall, a variety of local arts groups return the KiMo Stage. The New Mexico Young Actors take to the stage in November 3-8. Ballet Repertory Theatre presents the annual holiday classic The Nutcracker in December. Show Monkey Productions also returns this year with two performances of their annual magic show Hocus Pocus on November 28.





**Website:**  
www.ABQBioPark.com

**Zoo**  
903 10th Street SW  
Phone 505-768-2000 or 311 locally.

**Botanic Garden/Aquarium**  
2601 Central Ave NW  
Phone 505-768-2000 or 311 locally.

**Tingley Beach**  
1800 Tingley Drive SW  
Phone 505-768-2000 or 311 locally.



## July

**Zoo Music Concerts**  
Every Friday night through August 7

**Summer Nights Concerts**  
Music at the BG every Thursday night through August 27

**Old-Thyme Music at BG Heritage Farm**  
Saturdays through August. 11 a.m. - 1 p.m.

**Evening Tours**  
Bosque Moonlight Hikes, Night Walks at the Botanic Garden and Twilight Tours at the Zoo.  
Select tours Tuesday evenings through August 25.

## August

**New Volunteer Orientation At the Zoo**  
August 6, 11 a.m. - 1 p.m.

**Horticulture & Garden Railroad  
Volunteer Training at the BG**  
August 12, 9:30 a.m. - 3:30 p.m.

## September

**BioVan Ranger Volunteer Training at BG/AQ**  
Sept 4, 9:30 a.m. - 3:30 p.m.

**Touch pool Volunteer Training At the AQ**  
Sept 10, 9:30 a.m. - 3:30 p.m.

**BioPark Greeter Training**  
Sept 23, 9:30 a.m. - 3:30 p.m.

## October

**BUGarium Opens at the BG**  
Oct 2 Ribbon cutting time TBA

**Heritage Farm Cider Festival at the BG**  
Oct 10, 10 a.m. - 4 p.m.

## November

**Orangutan Awareness Day at the Zoo**  
Nov 14, 10 a.m. - 2 p.m.

**River of Lights at the BG**  
Nov 28 through Jan 4

## December

**Holiday Nature Crafts at the BG**  
Dec 2, 9 & 16, 6 - 8 p.m.

**Touchpool Volunteer Training at the AQ**  
Dec 12, 9:30 a.m. - 3:30 p.m.

**Kadomatsu in the  
Japanese Garden  
at the BG**  
Dec 19  
10 a.m. - 2 p.m.

**Holiday Enrichment  
at the Zoo**  
Dec 19  
9 - 11 a.m.



## Anderson-Abruzzo Albuquerque International Balloon Museum

9201 Balloon Museum Drive NE Open Tues - Sun. 9 am - 5 pm

*Albuquerque's air and space museum,  
highlighting lighter-than-air exhibits.*

### October 2015

The Balloon Museum marks its 10th year anniversary this fall with events and activities to celebrate the history, art, culture, science and sport of ballooning and lighter-than-air craft. During the week of Balloon Fiesta®, our museum hosts thousands of visitors from around the world with special programming and entertainment.





# Special Events



## Route 66 Summerfest

Saturday, July 18, 2015  
2-10:30 p.m.  
Central Avenue in Historic Nob Hill

The City of Albuquerque, Nob Hill Main Street, and the New Mexico Jazz Festival invite you to the annual Route 66 Summerfest! This mile-long stretch of free fun located on Central Ave. in Historic Nob Hill will feature up to 25 music artists including national headliner Roomful of Blues. Shop with great local vendors and artists in the Mother Road Market and enjoy great dining with local food trucks. Have a blast at the free kids' activities, walk the Old Route 66 Car Show, and unwind with a good drink at Cork & Tap. For more information visit CultureABQ.com or call 311.

## Downtown Summerfest

Saturday, August 8, 2015  
5-10:30 p.m.  
Civic Plaza

You are invited to downtown Albuquerque for a night of free enjoyment. Summerfest is returning to

Civic Plaza! There will be live music from local bands, leading up to the national headliner Taylor Dayne, singer of smash hits "Tell It to My Heart," and "Love Will Lead You Back." Shop the market of hand-made goods provided by local artisans, enjoy free kids' activities, savor some local favorites from on-site food trucks, and sip on some local brews in the Microbrew Garden! For more information visit CultureABQ.com or call 311.

## Westside Summerfest

Saturday Aug. 22, 2015  
5-10:30 p.m.  
Cottonwood Corners; Ellison Dr. between Cottonwood Drive and Alameda

Join us for the last Summerfest of the season! Come out to Cottonwood Corners for this free event. Rock out to live music performed by national headliner George Clinton and Parliament Funkadelic. Enjoy exploring the different crafts offered by local artisans and bring the kids for a day filled with food, fun, and great activities. There will also be a selection of some of Albuquerque's local food vendors, as well as a microbrew garden. For more information visit CultureABQ.com or call 311.



## Twinkle Light Parade

Saturday, December 5, 2015

Than annual holiday parade that lights up the night, dazzling children and adults alike with twinkling floats, marching bands, antique cars and costumed characters, steps off at 5:15 p.m.

## South Broadway Cultural Center

### November

#### Día de los Muertos

Dia de los Muertos, or Day of the Dead, is celebrated throughout Mexico and around the southwest United States as a time to recall family, friends, and loved ones who have died. Each year, South Broadway Cultural Center joins in the celebration with holiday altars and artwork displayed inside the center's art gallery.

Nov 1 - 28, 2015 with a public reception taking place on Nov 1 from noon - 6 p.m.

### December

#### La Guadalupana Exhibit

The South Broadway Cultural Center and the South Broadway Library are honored to be part of this annual tradition. It is celebrated with the Los Guadalupanos of St. Francis Xavier Church by selecting a family to erect an altar in the Cultural Center's gallery.

Dec 12, 2015 - Jan 2, 2016 with a public reception on Dec 12 from 6 - 8 p.m.



*FREE admission to the Albuquerque Museum and the Balloon Museum on the first Friday of the month and Sunday from 9 am - 1 pm (Except during Balloon Fiesta and when fee-based programs are offered at normally free times).*

**Please Note:**  
\$ Indicates it is a paid event

For information [www.CultureABQ.com](http://www.CultureABQ.com)  
or call 311 (Relay NM or 711)





# ALBUQUERQUE MUSEUM

2000 Mountain Road NW  
Open Tues.-Sun. 9 am – 5 pm



## Killer Heels - The Art of the High-Heeled Shoe

May 30 – August 9

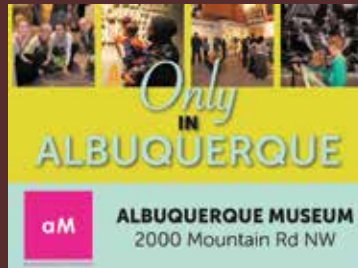
Killer Heels explores fashion's most provocative accessory. From the high platform chopines of sixteenth-century Italy to the glamorous stilettos on today's runways and red carpets, the exhibition looks at the high-heeled shoe's rich and varied history and its enduring place in our popular imagination. Killer Heels: The Art of the High-Heeled Shoe is organized by the Brooklyn Museum.



## Only in Albuquerque

New! – Ongoing

This exhibition, located in the Museum's brand new history gallery, features a greatly expanded story of Albuquerque's history from before written history to the present, set in an engaging, fun, and interactive atmosphere.



## Making it Modern: Folk Art from the Elie & Viola Nadelman Collection

September 5 – November 29

Making it Modern: The Folk Art Collection of Elie and Viola Nadelman includes approximately one hundred outstanding works, both utilitarian and decorative, ranging from imposing, large-scale sculptures to small household/domestic objects.

## Miniatures and More

October 25 – December 6

Miniatures & More is the Albuquerque Museum Foundation's annual art exhibition and auction featuring more than 100 artists and 300 works of art of all genres.

## Chasing the Cure to Albuquerque

Ongoing

A grim pronouncement from one's doctor at the turn of the century was tuberculosis. Many sufferers made their way to the American Southwest. The high desert climate and air was advertised as a panacea. Modern Albuquerque was built by the railroad steam engine and the engine of tuberculosis. This special exhibit from the Museum's photo archives focuses on the sanatoriums of Albuquerque and their precursors to the medical care facilities we have today.

FREE admission to the Albuquerque Museum on the first Wednesday of the month, Saturdays from 2 – 5 pm, and Sundays from 9 – 1 pm.

# HISTORIC OLD TOWN



## Summertime in Old Town

Every Friday & Saturday from 7-9 p.m. and Sundays from 1-4 p.m., enjoy free entertainment in the Old Town Plaza through September.



## Balloon Fiesta Week in Old Town

Celebrate the International Balloon Fiesta in Albuquerque's Historic Old Town Plaza with a week of free live entertainment from 11 a.m. to 5 p.m. The Gazebo will host musicians of various genres who call New Mexico their home.



## 11th Annual Salsa Fiesta

Saturday, September 12, 2015  
12 – 8 p.m.

Mayor Richard J. Berry invites you to the 11th Annual Salsa Fiesta. Help us decide who makes the best Salsa in Albuquerque. At the Old Town Salsa Fiesta, contestants make their homemade salsa on site and you get to be the judge when you taste and vote for the best salsa in town.

# SALSA FIESTA

## in Old Town

*The plaza is filled with salsa music, dance and more!*

Saturday, September 12  
12 – 8 p.m.





## Healthcare in Retirement

Healthcare will likely be one of the biggest retirement expenses... around \$220,000 for the average 65 year old couple over a 20 year retirement. Yet many people nearing retirement don't understand the risks health care costs pose to their financial plan and aren't prepared. Some may be planning for Medicare or private insurance to pay for these costs, but they'll likely pay a significant portion out of their own pocket. Add to this challenge the rising cost of health care and the possibility of needing long term care and it becomes clear that planning for health care costs is important for achieving financial security in retirement.

**Manzano Mesa, Room 4**  
Tuesday, December 8  
6:30 - 8:00 pm  
Brad Yablonsky Financial Advisor

## Understanding Medicare

Original Medicare has many different parts. Do you understand Medicare? If you don't, you may want to attend this seminar which will give you an overview. Learn about Medicare eligibility and enrollments.

**Palo Duro, Cottonwood**  
Wednesday, September 2  
5:30 pm  
Presenter: Jo Tillotson, BCBS of NM

## Senior Issues

### Start the Conversation

Talking about death does not make you dead! But it can be difficult. What decisions can you make now? Who will carry out your wishes? Let's explore how to start the conversation with family and friends. This is a non-religious, free presentation with handouts for you to take home and complete.

**Palo Duro, Ponderosa**  
Thursday, July 16  
10:00 am  
Presenter: Sandra Firth, Compassion Choices

Learn to use that  
new camera!  
See page 11



**Highland, Room 7**  
Thursday, September 3  
9:00 - 10:00 am  
Sponsored by: Compassion & Choices ABQ. Action Team

**Bear Canyon, Room 5**  
Wednesday, November 4  
10:00 - 11:00 am  
Presenter: Compassion & Choices Albuquerque Action Team

### Advance Healthcare Directives: You Can Do It!

Still confused about how to complete an advance directive? This workshop will cover practical tips for completing healthcare directives including more in depth discussion of the issues presented in the "Start the Conversation" sessions as well as the opportunity to ask specific questions. Several facilitators from Compassion & Choices Albuquerque Action Team will be there to answer questions.

**Highland, Room 7**  
Thursday, October 1  
9:00 - 10:30 am

### Advanced Funeral Planning

Come to a seminar on the "What's and Why's" of funeral planning. We know you have choices and what we want to do is provide you the answers you need so you can make the best choice for you and your family.

**Palo Duro, Ponderosa**  
Wednesday, October 21  
9:30 am  
Presenter: Karla Barela, French Advanced Planning



## Crime Prevention

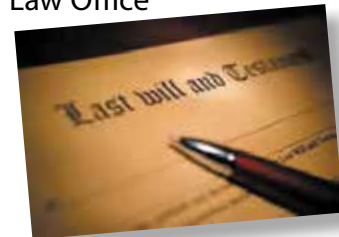
Learn how to report a crime, to be aware and safe in public, how targets and opportunity relate to crime, auto theft and burglary awareness, residential safety and security and scam awareness.

**Bear Canyon, Room 5**  
Wednesday, December 2  
10:00 - 11:00 am  
Presenter: Steve Sink

## Estate Planning

This presentation will cover the basics of estate planning.

**Manzano Mesa, Room 4**  
Tuesday, July 14  
10:00 - 11:00 am  
Senior Law Office



## Of Special Interest - Gardening, History, Science & Technology

### Spa Products

We will help you create a spa like environment in your home using simple household ingredients and Essential Oils.  
Barelas, Lead/Coal

**Thursday, July 9**  
11:00 am - 12:00 pm  
Deborah Garey – Essential Oils

### Finding Your Light

This class focuses on assisting participants in figuring out what they want to do with their lives. It includes a guided meditation and an interactive brainstorming session. It is entirely in nature.

**Manzano Mesa**  
Room 4  
Friday, July 10  
6:00 - 8:00 pm

**Bear Canyon**  
Wednesday,  
August 5  
10:00 am - 12:00 pm

**Los Volcanes**  
Friday, September 18  
2:30 - 4:30 pm



### Estate Planning: Where to Begin

This presentation will cover the basics of Estate Planning.

**Manzano Mesa, Room 4**  
Tuesday, July 14  
10:00 - 11:00 am  
Senior Law Office

### Wilderness Survival 10 (Monthly Seminar)

Do you think you have what it takes to survive in the wilderness? Come learn what it takes to survive a night lost in the woods.

**Manzano Mesa, Room 5**  
Beginning Tuesday, July 14 (2nd Tuesday of the Month)  
6:30 - 8:00 pm  
Eric Mora Sandia Mountain School



### Natural health solutions using Essential oils (Monthly Seminar)

Discover what essential oils are and how they can be used to protect and maintain your health in a natural way, without side effects.

July 20th. Essential Oil basics  
Aug 17th. Back to School with essential oils  
Sept. 21 Stress Management with essential oils  
Oct. 19 control your weight through the holidays with essential oils  
Nov 16 essential oil lotions and potions

**Manzano Mesa, Room 3**  
3rd Monday  
6:00 - 7:00 pm  
Martice Endres

Most activities are free  
with membership  
unless otherwise  
noted.



### Home Composting Basics

Learn the science, art, materials, methods and benefits of home composting and soil amending.

**Highland, Room 2**  
Saturday, July 25  
10:30am - 12:30 pm  
Sponsored by: Bernalillo County Extension

**Bear Canyon, Room 5**  
Wednesday, July 15  
10:00 - 11:00 am  
Presenter: Bernalillo County Extension

### Introduction to Smart Phones & iPads

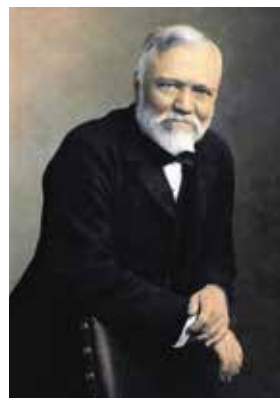
Learn how to use Smartphones. Bring Your iPad, iPhone, And Questions!

**Barelas, Stover**  
Wednesday, July 22  
8:30 - 9:30 am  
Jim Moore - AcuCell

### Andrew Carnegie

Andrew Carnegie, the steel titan, was once hated for acquiring a huge fortune by often ruthless means - a typical "Robber Baron." But he was anything but typical. Carnegie transformed his public image with his later sizable and respected philanthropy. Come and hear about the astonishing life of Andrew Carnegie, true rags to riches story, and how he changed the world.

**Bear Canyon, Room 5**  
Wednesday, July 29  
10:00 - 11:00 am  
Presenter: Carol Ann Venturini



### Composting with Worms

Learn the science, art, materials, methods and benefits of composting with red worms.

**Highland, Room 2**  
Saturday, August 1  
10:30 am - 12:30 pm  
Sponsored by: Bernalillo County Extension

**Bear Canyon, Room 5**  
**Wednesday, August 12**  
10:00 - 11:00 am  
Presenter: Bernalillo County Extension

### Hollywood Rat Pack

Frank Sinatra, Dean Martin, Peter Lawford and Sammy Davis Jr. were members of the infamous Hollywood Rat Pack. How did these entertainers get together? Did they get along off the stage as well as they did on stage? Come and join us to hear the absorbing story of the Hollywood Rat Pack.

**Manzano Mesa, Room 4**  
Tuesday, December 15  
9:30 - 11:00 am  
Carol Vecini



### Genealogy & Family History

You will be introduced to Genealogy and Family History and we will discuss the importance of beginning your search close to home. You will learn basic research concepts, types of information sources, and the importance of assessing and using data effectively, recognizing the benefits and limitations of online data sources, and the value of becoming a history buff. Bill will also discuss readily available data sources at the Genealogy Center and share some of his favorite personal success stories.

**Barelas, Lead/Coal**  
Tuesday, August 11  
10:00 - 11:00 am  
Bill Farmer





### Women in WWII: The Wasps

The WASPs were initially organized to ferry new planes from the production lines to military bases in the States and thus free up male U.S. Army pilots for combat assignments: but their duties were eventually expanded to provide other pilot related services. This session covers their development and operation during the war years as well as the post-war struggle to gain the official recognition they deserved.

**Highland, Room 7**

Thursday, August 13

9:00 am – 10:30 am

Sponsored by: Osher lifelong Learning Institute

### “Why do we say that?”

Are you a maverick, teetotaler, or doozy? Stuck with a white elephant? Ever been like Flynn? Learn the history and surnames shape these and other colorful terms we separate the wheat from the chaff of language.

**Highland, Room 7**

Thursday, August 27

9:00 – 10:30 am

Sponsored by: Osher Lifelong Learning Institute

**Bear Canyon, Room 5**

Wednesday, September 9

10:00 - 11:30 am

Instructor: Roberta Boggess, MA, Award-Winning High School Teacher

### Turkey

Come experience Ray's bus journey throughout western Turkey. Featuring Istanbul, Gallipoli, Troy, Izmir, Pamukkale, Antalya, Ephesus, Aphrodisias, Konya, Cappadocia, & Ankara. A great experience in a country seeped in ancient cultures including the Romans, the Greeks, the Ottoman Empire, Constantine's Empire, & much more.

**Bear Canyon, Room 5**

Wednesday, August 19

10:00 - 11:00 am

Presenter: Ray Rachkowski

### Hollywood Dancers

Together Fred Astaire and Ginger Rogers delighted audiences with their priceless dancing, singing and acting, but they had separate careers too. How did each get started in show business and how did they meet and become dancing partners? Was it all fun being America's dancing darlings? How well did they really share the Hollywood spotlight? Let's delve into the real life stories and careers of this charming pair.

**Palo Duro**

Thursday, September 3

10:00 am

Ponderosa

Presenter: Carol Venturini



### Gardening in the 505

What works? What doesn't? Let's learn the ins and outs of gardening in Albuquerque!

**Manzano Mesa, Room 4**

Tuesday, September 15

10:00 - 11:30 am

Presenter Karen Davis



### Bucket Composting

Learn the science, art, materials, methods and benefits of the Bokashi and other bucket composting choices.

**Bear Canyon, Room 5**

Wednesday, September 2

10:00 - 11:00 am

Presenter: Bernalillo County Extension

**Highland, Room 2**

Saturday, September 19

10:30 am – 12:30 pm

Sponsored by: Bernalillo County Extension



### Solar System: Asteroids, Comets, and Kuiper Belt Objects

The Dawn spacecraft began orbiting the largest asteroid, Ceres, in March 2015. The New Horizons spacecraft is due to fly by the Kuiper Belt Object (formerly planet) Pluto in July 2015. Find out what we're learning from our first close-up images of these two solar system bodies along with an overview of other spacecraft missions to asteroids and comets.

**Palo Duro**

Wednesday, September 23

9:30 am

Ponderosa

**Manzano Mesa, Room 4**

Tuesday, October 20

10:00 - 11:30 am

Len Duda

Presenter: Len Duda, NASA JPL Solar System Ambassador

### My 34 Year Love Affair with Maui

My wife & I went to Hawaii on our honeymoon. We fell in love with the islands, particularly Maui. We kept returning for short vacations & finally bought a condo there in 1989. Since retiring, we go there every year for extended vacations. Let me show you our view of the Valley Isle – MAUI !!

**Bear Canyon, Room 5**

Wednesday, September 23

10:00 - 11:00 am

Presenter: Ray Rachkowski

### Conrad Hilton

Conrad Hilton was world known as the founder of the famous Hilton Hotels. How did this man raised in a small New Mexican town get into the hotel business and how did he survive the Great Depression when many other businesses failed to do so? Come and join us as we reveal the life of this eminent hotelier.

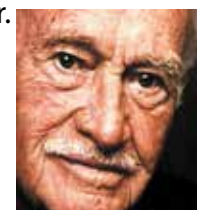
**Palo Duro, Ponderosa**

Thursday, October 1

10:00 am

Presenter:

Carol Venturini



### Pruning

Many plants, trees & shrubs benefit from regular pruning. The questions remain; when, how, and which plants do you prune? Come and learn the basics.

**Manzano Mesa, Room 5**  
Tuesday, October 6  
10:00 - 11:30 am  
Presenter Karen Davis



### The Viking World

Marauders or Merchants? The Vikings had a justifiably fearsome reputation; in the Middle Ages prayers regularly ended with "and Lord, preserve us from the Northmen." But they were much more than thieves and killers spanning the world from Kiev to Vinland, from Norway to Sicily, from England to Byzantium. Learn about a culture that was rich in art and literature, too.

**Palo Duro, Ponderosa**  
Wednesday, October 7  
9:30 am  
Presenter: Krys Douglas



### Cooking with Essential Oils

Learn how to cook using Essential Oils. Follow the recipes and make treats for your family and friends.

**Barelas, Lead/Coal**  
Thursday, October 8  
11:00 am - 12:00 pm  
Deb Garey, doTERRA

### Getting Organized with the Beach Vacation System

When people were surveyed about their biggest challenges to improving their home's organization the most prevalent answers were: too little space, too little time, and too much stuff. Many people are frustrated in their organizing attempts because they don't know the key principles of organization. You will learn basic organizing skills and techniques. You will also learn these concepts using the analogy of a beach vacation.

**Barelas, Lead/Coal**  
Tuesday, Oct. 13  
1:30 - 2:30 pm  
Elizabeth Tawney Gross



### Improving Desert Soil

Learn how to work with your desert garden soil to improve structure and fertility.

**Bear Canyon, Room 5**  
Wednesday, October 14  
10:00 - 11:00 am  
Presenter: Bernalillo County Extension

### "Women in World War II: Spooks and Spies"

At the beginning of the war, FDR created the Office of Strategic Services (OSS) for the purpose of conducting covert operations against enemies of the U.S. Over a third of the 13,000 members of the OSS were women. This session tells the story of the women who served in the OSS, the precursor of today's CIA.

**Bear Canyon, Room 5**  
Wednesday, October 21  
10:00 - 11:30 am  
Richard "Dick" Blankmeyer, BA, Social Studies, Avid Investigator of American Social Issues

### A Curse at Squaw Creek Farm

If you like culture and history you will enjoy Jerry Zimmerman's new book A Curse at Squaw Creek Farm about his pioneer forebears of the turn of the century and poignant stories from Jerry's childhood years, the 30's & 40's.

**Bear Canyon, Room 5**  
Wednesday, October 28  
10:00 - 11:00 am  
Presenter: Jerry Zimmerman

### Holiday Ornament Making

Learn to make special holiday ornaments using Essential Oils.

**Barelas, Lead /Coal**  
Thursday, November 12  
11:00 am - 12:00 pm  
Deb Garey, doTERRA



### Mmm! Chocolate Tasting

Learn the tricks to dipping chocolate using foods found in your kitchen! Part of the fun will be getting the opportunity to sample some sweet and salty treats.

**Barelas, Lobby**  
Tuesday, Nov. 17  
10:00 - 11:30 am  
Debbie Ball - The Candy Lady



### We Honor Veteran's Day

Let us honor all you have done for us!  
**Manzano Mesa, Room 4**  
Tuesday, November 17  
10:00-11:00am  
Lucy Ambercare



### Sophia Loren

Sophia Loren was a world famous Italian movie star, but her childhood was truly sad and difficult. Even after this remarkable woman achieved movie stardom, her glamorous life was often overshadowed by stories about her troubled love life. We will also compare Sophia with her Italian movie rival Gina Lollobrigida. Come and join us as we delve into the captivating life story of Sophia Loren.

**Bear Canyon, Room 5**  
Wednesday, November 18  
10:00 - 11:00 am  
Presenter: Carol Ann Venturini

### Albuquerque Historical Society-Christmas Revels:

The 1919 NM Mounted Police Raid on Santo Domingo Pueblo

**Palo Duro, Ponderosa**  
Wednesday, December 2  
9:30 am  
Presenter: Joe Sabatini, Albuquerque Historical Society

### Travel

#### Hawaii

There are few things on earth as delightful as the scenery and the people of 'The Aloha State'...Join Linda Babin from Sun Tours as she presents the extravagance of flowers, fiery volcanoes, and wonderful spirit of our 50th state.

**Palo Duro, Cottonwood**  
Thursday, August 13  
10:00 am  
Presenter: Linda Babin, Sun Tours





## Friendship Socials

Join us as we gather to meet new people and make friends. We have great conversations with each other as we share refreshments.

### Coffee Socials

#### Armijo

Monday - Friday, 9:00 - 10:00 am

#### La Amistad

Monday - Friday, 9:15 - 10:00 am

#### Pajarito

Monday - Friday, 9:00 - 10:00 am

#### Paradise Hills Community Center

Monday - Friday, 9:00 - 11:30 am

#### Raymond G. Sanchez Comm. Ctr.

Monday - Friday, 9:00 - 11:00 am

#### Rio Bravo

Monday - Friday, 9:00 - 11:00 am

#### South Valley Multipurpose Senior Center

Monday - Friday, 9:00-11:30 am

#### Taylor Ranch Community Center

Monday - Friday, 9:30 - 11:00 am

#### Tijeras Senior Center

Monday - Friday, 8:30 am - 1:00 pm

#### Whispering Pines

Monday, 10:30 - 11:30 am



### Birthday Celebration

#### Armijo

Last Wednesday, 12:00 - 1:00 pm  
Sponsored by Amerigroup

## Arts & Craft Classes

### Arm Quilting/Computerized Embroidery

Join us at our site that is located in the East Mountain area.

#### Whispering Pines

Monday & Friday, 12:00 - 2:30 pm

## Quilters Group

Join our newly formed quilters group. Bring your quilting projects as we work together.

#### Armijo

Friday, 12:30 - 2:30pm

#### Paradise Hills Community Center

Tuesday, 10:00 am - 2:00 pm

#### South Valley Multipurpose Sr. Ctr.

Mon. - Thurs., 10:00 am - 4:00 pm

#### Taylor Ranch Community Center

Friday, 9:00 am - 11:00 pm  
Free

## Arts & Crafts

Join us as we work on various projects.

#### Pajarito

Wednesday, 12:00 - 3:00 pm

#### Paradise Hills Community Center

Monday, 10:30 - 11:30 am

#### Tijeras Senior Center

Tuesday, 10:30 am - 1:00 pm

## Ceramics

#### Paradise Hills Community Center

Tuesday & Thursday, 9:00am - 1:00pm  
\$15 fee per month covers the class fee and materials. Limited to 15 students per class.



#### Raymond G. Sanchez Community Center

Thursday  
9:00 - 11:30 am  
No charge for the class.

#### South Valley Multipurpose Sr. Center

Tues. & Thurs., 9:00 am - 4:00 pm  
No charge for the class. Purchase slip, tools and paints for \$10/month.

## Knitting/Needlework

#### Taylor Ranch Community Center

Wednesdays 1:00 - 3:30 pm Free

## Knitting/Crocheting

#### Paradise Hills

Monday-Friday, 9:30 - 11:30 am

## Scrapbooking

#### Paradise Hills Community Center

Wednesday, 10:30 - 11:30am  
Bring 10 photos to class. You may want to pick a theme like a birthday party or a wedding, a vacation, grandchildren, etc.



## Puzzles

#### Pajarito

Monday - Thursday, 9:00 - 9:30am

#### Whispering Pines

Monday, Wednesday & Friday  
9:00 - 11:00 am and 12:30 - 3:00 pm

## Sewing

#### La Amistad

Monday - Friday, 9:00 am - 2:30 pm

#### South Valley Multipurpose Senior Center

Mon. - Thurs., 9:00 am - 4:00 pm

#### Thomas Bell Community Center

Call for day and time, 848-1333

#### Whispering Pines

Monday - Friday, 1:30 - 3:00 pm



## Pottery

#### South Valley Multipurpose Senior Center

Wednesday & Friday, 9:00 - 11:30 am

There is no charge for this class. You must purchase your own clay, tools and paints.

## Tin Smithing

#### South Valley Multipurpose Senior Center

Wednesday, 12:30 - 4:00 pm  
There is no class fee. Please bring your own tools.

## Wood Carving

#### South Valley Multipurpose Senior Center

Mondays,  
8:30 - 11:30 am



## Miscellaneous

### Computer Lab

**Paradise Hills Community Center**  
Monday - Friday, 9:00 am - 2:00 pm  
E-mail & surf the web. No printing.

**South Valley Multipurpose Center**  
Monday & Wednesday, 1:00 - 2:00 pm

**Taylor Ranch Community Center**  
Monday - Friday, 9:00 am - 3:00 pm  
(not available in June & July)

### Bible Study

**Paradise Hills Community Center**  
Wednesday, 12:00 - 1:30 pm

### Line Dance

**Tijeras Senior Center**  
Monday, 10:00 - 11:30 am



### Inspirational Hour

**South Valley Multipurpose Senior Center**  
Wednesday, 10:30 - 11:30 am  
Sing gospel hymns and devotional hours.

### How to Pray the Rosary

**Pajarito**  
Friday, 9:30 - 10:30 am

### Foreign Language

**Conversational Spanish Group**  
**Tijeras Senior Center**  
Thursday, 10:30 - 11:30am  
Informal and free of charge.

### Matinee Movie

Weekly movies, free popcorn

**Armijo**  
Tues., 12:00 - 2:00 pm

**Tijeras Senior Center**  
Thursday, 1:00 - 3:30 pm



### Trips

#### Walmart Shopping

**Armijo**  
1st Thurs., 1:00 - 2:30 pm

**Paradise Hills**  
1st Fri., 12:30 - 2:30 pm



*Join us for  
Thanksgiving  
See page 25*



## Music Classes

### Guitar Beginning/Intermediate

**Armijo**  
Mon. & Wed., 12:30 - 2:00 pm  
Please bring your own guitar.  
No class fee.



### Classical Guitar

**Tijeras Senior Center**  
Call for Information 286-4220

### Intermediate Guitar

**Tijeras Senior Center**  
Tuesday, 10:30 - 11:30 am

### Karaoke

**Armijo**  
Monday - Friday, Upon Request



### Ukulele Hour

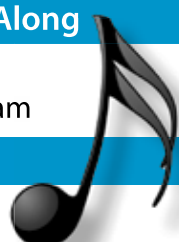
**Tijeras Senior Center**  
Mon., 12:00 - 1:30 pm No class fee.  
Must have own instrument.

### Acoustic Jam/Beginners

**Tijeras Senior Center**  
Tuesday, 12:00 - 1:30 pm  
Join our informal jam session, any acoustic instrument welcome.

### Music Sing and Sing-Along

**Tijeras Senior Center**  
Thursday, 10:00 - 10:30 am



### Live Music

**Paradise Hills**  
Friday, 10:00 - 11:30 am  
Music by our talented seniors.

### Live Music & Dance

**South Valley Multipurpose Senior Center**  
Tues., Thurs. & Fri., 9:30 - 11:30 am  
Mon. & Wed., 10:30 - 11:30 am



## Sports & Fitness

### Pickleball

**Raymond G. Sanchez Community Center**  
Tuesday, Wednesday, 1:00 - 3:00 pm

**Paradise Hills Community Ctr. Gym**  
Monday - Friday, 10:15 am - 12:15 pm

## Senior Basketball

**Raymond G. Sanchez Community Center**  
Tuesday, 9:30 - 11:00 am

**Taylor Ranch Community Center**  
Tues. & Thurs., 11:00 am - 1:00 pm  
(not available in June)

## Open Weight Room

**Cesar Chavez Community Center**  
Monday, Wednesday, Friday  
8:00 - 10:00am

## Fitness Room

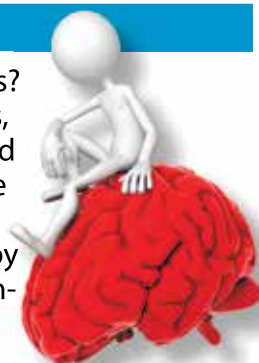
**South Valley Multipurpose Senior Center**  
Monday - Friday, 8:00 am - 12:00 pm  
& 12:30 - 4:00 pm

**Taylor Ranch Community Center**  
Monday - Friday, 8:00 am - 11:00 am

**Tijeras Senior Center**  
Call for Information, 286-4220

## Brain Fitness

What is Brain Fitness?  
It is interactive tools, exercises, games and activities to improve cognitive function. The class is taught by a professional gerontologist Terri Tobey.



**Sites to be Determined**  
(Call 764-6467)

## Tomando Control de su Salud

This Free 6 week course will be conducted in Spanish and is designed for those who have or care for someone who has a chronic health condition. The class leaders have chronic health conditions themselves. We will assist you in setting goals and help you make a step-by-step plan to improve your health and your life. Please call 873-6647 or 764-6474 for more information and to pre-register.





**Fitness Time**

Choose from a variety including Zumba, Gentle, Chair Exercise, and Aerobics

**Pajarito**

Mon. & Wed., 9:30 - 10:30 am

**Stretching Time****Raymond G. Sanchez**

Monday - Friday, 11:00 - 11:30 am

**Taylor Ranch Community Center**

Monday & Friday, 9:00 - 10:00 am  
Wed., 8:30 - 9:30 am Not avail. in June

**Fitness Hour**

Join us for an hour of exercise, utilizing a variety of fitness videos including cardio, yoga and Zumba.

**Rio Bravo**

Mon. & Wed., 10:30 - 11:30 am

**Fitness Walk****Whispering Pines**

Mon., Wed. & Fri., 12:30 - 2:30 pm

**Pajarito**

Monday - Friday, 10:30 - 11:00 am

**Exercise****Pajarito**

Mon. & Wed., 9:30 - 10:30 am

**Chair Exercise****Armijo**

Monday - Friday, Upon Request

**Paradise Hills Community Center**

Mon, Wed, Fri, 10:00 - 10:30 am & 10:30 - 11:00 am

Darleen Santiago, Instructor

**Yoga****Tijeras Senior Center**

Wednesday, 10:45 - 11:30 am  
No class fee. Students must supply own mat.

**Whispering Pines**

Mondays, 10:30 - 11:30 am

**ZUMBA****Paradise Hills Community Center**

Tuesday, Thursday, 9:00 - 10:00 am  
\$4/class or \$20/6-class card  
Tiffany Dickerson, Instructor

**South Valley Multipurpose Senior Center**

Tuesday & Wednesday & Thursday,  
Adv. 9:00 - 10:00 am  
Beg. 10:00 - 11:00 am

**Games and Cards****Bingo at the Satellite Senior Centers**

We love bingo. Join our fun with this game of chance and be the lucky person that yells out BINGO!!

**Alameda**, Mon - Fri, 10:00 - 11:30 am

**Armijo**, Mon - Fri, 10:00 - 11:30 am

**La Amistad**, Mon, Thu, 1:00 - 2:30 pm

**Pajarito**, Mon - Fri, 10:00 - 11:30 am

**Paradise Hills**, Tue., Thurs.,

10:00 - 11:15 am

**Rio Bravo**, Mon., Tues. & Thurs.,

10:00 - 11:30 am

**South Valley Multipurpose Center**,

Monday - Wednesday, 9:15 - 10:15 am

**Tijeras**, 1st & 4th Friday,

12:00 - 1:30 pm

**Whispering Pines**

3rd Wednesday, 1:00 - 2:00 pm

**Duplicate Bridge****Taylor Ranch Community Ctr.**

Monday, Thursday & Friday,

1:00 - 4:30 pm

Tuesday, 12:30 - 4:00 pm

**Party Bridge (Intermediate Level Preferred)****Taylor Ranch Community Ctr.**

Tuesdays, 1:00 - 3:00 pm

**Dominoes (Mexican Train)****Paradise Hills**

Monday - Friday, 9:00 - 11:30 am

**Card Games****Raymond G. Sanchez****Community Center**

Monday - Friday,

9:00 - 10:00 am & 12:00 - 1:00 pm

Uno, Poker, Black Jack etc.

**Air Hockey****Raymond G. Sanchez Community Center**

Monday, 9:00 - 10:00 am

**Billiards****Paradise Hills Community Center**

Monday - Friday, 9:30 am - 12:30 pm

**Rio Bravo**

Friday, 10:00 am - 12:00 pm

**South Valley Multipurpose Senior Center**

Monday - Friday, 9:00 am - 4:00 pm

**Tijeras Senior Ctr.**

Monday - Friday, 9:30 am - 3:30 pm

**Whispering Pines**

Monday, Wednesday and Friday,  
9:00 am - 12:00 pm & 1:00 - 2:00 pm

**Horse Shoes****Whispering Pines**

Friday, 1:00 - 3:00 pm

**Table Tennis****Pajarito**

Mon. - Fri., 12:30 - 2:30 pm

**Tijeras Senior Center**

Friday, 10:00 - 11:30 am

**Wii Bowling****Armijo**

Mon. - Fri. Upon Request

**Tijeras Senior Center**

Wednesday, 10:00 - 11:30 am

**South Valley Multipurpose Senior Center**

Tuesday & Thursday, 8:30 - 11:30 am

**Wii Fitness****Pajarito**

Tuesday & Thursday, 9:30 - 10:00 am

**Wii Time****Armijo Senior**

Monday - Friday, 9:30 - 11:00 am

**Raymond G. Sanchez Community Center**

Monday - Friday, 12:30 - 1:30 pm

**Whispering Pines**

Monday, Wednesday & Friday,  
10:00 - 11:00 am

**Board Games****Raymond G. Sanchez Community Center**

Every other Tuesday 9:00 - 10:00 am

**Rio Bravo**

Friday,

10:00 - 11:00 am

**Whispering Pines**

Monday, Wednesday and Friday, 12:30 - 1:30 pm

**T.O.P.S.****Tijeras Senior Center**

Tuesday, 10:00 - 11:30 am

*Take a dance class!*

*See pages 18 & 50*





**Investing in a healthy  
New Mexico for more  
than 100 years.**

As long as there have been New Mexicans, Presbyterian has been caring for them. We've been a part of New Mexico longer than New Mexico has been a state. Over that time, healthcare has changed in ways no one could have imagined. What hasn't changed is our dedication. **Your story is our story.**



(505) ASK-PRES (275-7737)

[www.phs.org](http://www.phs.org)

**SAVE THE DATE!!**  
*37th Annual*  
**CONFERENCE**  
*on Aging*  
Supporting Active Aging



Brought to you by New Mexico Aging and Long-Term Services Department

Isleta Casino and Resort hosts the 37th Annual Conference on Aging brought to you by NM Aging and Long Term Services. The NM Conference on Aging offers older adults, caregivers and professionals a chance to learn and have fun in an environment that supports independence and dignity. Applications will be available at the front desk. The registration fee and lunch is at your own expense.

**Los Volcanes**

Tuesday, August 18

Check in: 7:30 am - Return: 6:00 pm  
\$2 transportation, lunch and registration fee at your own expense

Wednesday, August 19

Check in: 7:30 am - Return: 4:00 pm  
\$2 transportation, lunch and registration fee at your own expense

**Barelas**

Tuesday, August 18

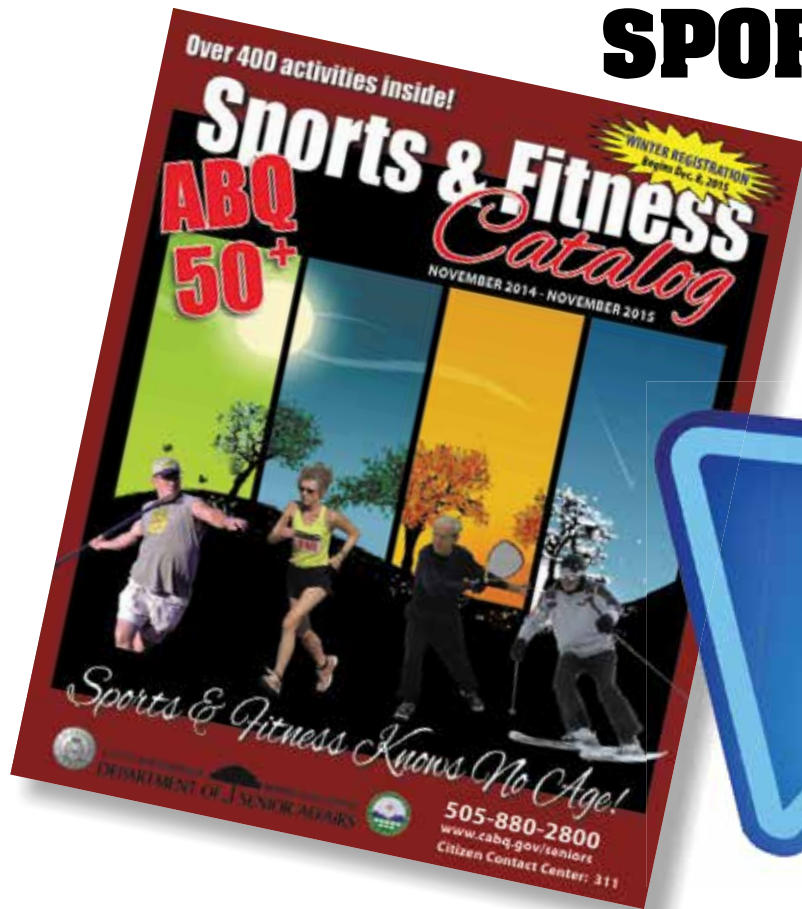
Check in: 7:30 am  
Return: 6:00 pm  
\$2 transportation, lunch and registration fee at your own expense.





# SPORTS COMPETITIONS

Pick up a 50+ Sports & Fitness Catalog for registration forms and details about any of these competitions.



**Call  
880-2800**

 Most activities are free with membership unless otherwise noted.

## The 2015 "Compete and Meet" Games

Join us for our winter *Pickleball* competition or our other workshops in *Swimming, Air Gun, and Cycling*. When available.

**Call Palo Duro 50+ Sports and Fitness for more information**



## ALBUQUERQUE 50+ GAMES



The 50+ Sports & Fitness Program hosts lessons, trainings and invigorating fun events that prepare Bernalillo County residents to participate in 25 different sports competitions. The ABQ 50+ Games are the local qualifying events for the New Mexico State Senior Olympics which will be held January - April 2016.

### Events at a Glance

Cycling, swimming and air gun workshops; Competitions - bowling, basketball 3 point & free throw competition, eight ball pool, talent show & dance, shuffleboard, swimming, table tennis, air gun, huachas, road race, pickleball, racquetball, race walk, badminton, archery, cycling, golf, tennis, horseshoes, track & field.

## Winter Sports

- Cross-Country Skiing
- Downhill Skiing
- Snowboarding
- Snowshoeing



## 50+ Sports & Fitness Winter Sports

We offer many exciting opportunities for enjoying winter sports in New Mexico. Try cross-country skiing, snowshoeing, downhill skiing!

For more information pick up a 50+ Sports and Fitness Catalog, or check online at <http://www.cabq.gov/seniors/sports-fitness> or call 880-2800.

## Winter Sports Bunch: Overnight Trips

This club organizes out-of-town, overnight skiing and snowshoeing trips for 50+ adults.

For info: Cindy McConnell  
at [mconnell.cindymac@cabq.gov](mailto:mconnell.cindymac@cabq.gov)



## Air Gun Practices

For beginners or those wanting to hone their skills for competition.

Eldorado High School, Rifle Range (by reservation) Major Jim Korber, Senior Instructor, Eldorado High School JR ROTC at 296-4871 (ext. 35145)



## Badminton Practice & Play

Badminton is beneficial to your physical and mental well being, while challenging your mind, reflexes and stamina.

**Manzano Mesa, Gym**  
Monday, 1:30 - 4:00 pm  
Tuesday, 6:00 - 8:30 pm  
Thursday, 7:00 - 8:50 pm  
Friday, 1:00 - 4:00 pm

**Wells Park**  
Tuesday and Thursday  
1:30 - 3:30 pm

## Manage Your Chronic Disease

### (MyCD) Program Workshop

If you have (or care for someone with) a chronic health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or other long-term health condition, this is the workshop for you. Learn from specially trained group leaders with chronic health conditions themselves. Set goals and make a step-by-step plan to improve your health and your life. Put life back into your life.

Free 6-week workshop  
2 1/2 hour meetings  
ALL MyCD Programs  
are **Free of Charge**  
For more info. visit:  
[www.arthritisnm.org/myCD-program.html](http://www.arthritisnm.org/myCD-program.html)



**Palo Duro, Ponderosa**  
Thursday, 1:00 - 3:30 pm  
July 9 - August 20 (No July 30)  
September 3 - October 8  
October 15 - November 19

**North Domingo Baca, Room 1**  
Wednesday, 1:30 - 4:00 pm  
July 23 - August 27  
September 3 - October 8  
October 15 - November 19

### Los Volcanes Joe O. Armijo 50+ Sports and Fitness Center

Tuesday, 1:00 - 3:30 pm  
July 8 - August 19  
September 2 - October 7  
October 28 - December 2

### Veteran's Memorial Park

(1100 Louisiana Blvd. SE). To learn more about this wonderful community resource that includes a: visitor center, 25-acre memorial park, museum, library and meeting facilities, please visit

<http://nmvetsmemorial.org>  
Wednesdays from 9:00 - 11:00 am on:  
July 9 through August 13, 2014; and  
August 27 through October 1, 2014

### Lovelace Westside Hospital

(located at 10501 Golf Course Rd NW in Albuquerque with Theresa Jones Henry as 727-2001 as contact):  
Thursdays from 10:00 am - 12:30 pm:  
July 17 - August 21, 2014;  
September 4 - October 9, 2014; and  
October 16 - November 20, 2014.

### Santa Fe, New Mexico:

Santa Fe Business Incubator, (located at 3900 Paseo del Sol, Santa Fe, NM 87507 in Santa Fe) register through the City of Albuquerque Department of Senior Affairs at (505) 880 - 2800:  
Mondays from 1:00 pm - 3:30 pm on:  
July 14 - August 18, 2014;  
September 8 - October 13, 2014; and  
November 3 - December 8, 2014

## Drop-In Basketball

Open/Drop-In Basketball is offered daily (Mon-Fri) at the times listed below. Teams form as participants show up and sign in. Schedules are subject to change.

**Manzano Mesa, Gym (E/W courts)**  
Mon, 11:45 am - 1:30 pm, West  
Mon, 7:00 - 9:00 pm, both courts  
Wed, 11:45 am - 12:30 pm, West



## Senior Men's Basketball

This group gathers to play some friendly, but competitive basketball, where teams are picked prior to the games.

**Manzano Mesa, Gym, East Court**  
Monday - Friday  
11:00 am - 1:00 pm

## Fencing

Fencing is an elegant sport with a rich history. Known as "physical chess," it helps maintain balance, posture and coordination in addition to cognitive focus and critical thinking skills. Whether fencing with your grandkids or your friends, it is a wonderful sport for seniors, even those





with moderate disabilities like arthritis or joint replacements.

**Duke City Fencing** welcomes visitors Monday - Friday between 5 - 8 pm. Contact Toby Tolley @ 505-872-0048 or info@dukecityfencing.net for information.



### 50+ Sports & Fitness Program Fitness Hiking

Hikes vary from easy/moderate A/B hikes to the more challenging C/D level hikes. Bring your own lunch, snacks and drinks. 5¢ per mile, space is limited, prepayment is required. The website: [www.ASCHG.org](http://www.ASCHG.org) hosts an incredible database of 300 hikes in NM and a schedule of all senior center hikes.

**Los Volcanes 50+ Sports & Fitness Center**  
Apr - Oct: Every other Wednesday,  
7:00 am - 5:00 pm

**Palo Duro 50+ Sports & Fitness Center**  
Apr - Oct, Mon, 7:15 am - 5:00 pm  
Vivian Heyward, Cindy McConnell

**N. Domingo Baca, Fitness Center**  
Apr - Oct, Every other Wednesday,  
8:00 am - 5:00 pm  
Cindy McConnell

### Center Hiking & Treks

Enjoy these intermediate level hiking trips and less demanding treks year round. Schedules are available at front desk of host centers or online at [www.aschg.org](http://www.aschg.org) 5¢/mile.

**Highland**  
Every other Tuesday, 8:00 am  
Pat Newman

**Los Volcanes**  
Every other Friday, Check in 8:00 am  
Dick Brown

**N. Domingo Baca**  
Every other Friday, 8:00 am  
Dick Brown

**North Valley**  
Every other Thursday, 8:00 am  
Bill Gloyd

### Palo Duro

Every other Tuesday, 8:00 am  
Marilyn Warrant  
Saturday, 9:00 am  
Sue Palletier



### Huachas

#### Open Huachas

A physical game of skill that is very similar to horseshoes. The difference is that large metal washers are pitched at a 3-inch hole cut into a 24 x 24 inch platform.

**Bear Canyon, Park**  
Friday, 10:00 - 11:00 am  
(weather permitting)



### Pickleball

Check out [abqpickleball.com](http://abqpickleball.com) for updated and additional play locations

**Manzano Mesa**  
Thursday, 2:00 - 4:00 pm  
Saturday, 9:00 - 11:00 am

**Los Volcanes**  
Mon, Wed, 9:30 - 11:00 am  
Monday, Wednesday 1:30 - 3:30 pm

**Barelas**  
Monday, 1:30 - 3:30 pm

#### Pickleball Training

Tuesday, Thursday, 9:15 - 11:00 am  
Saturday, 12:30 - 2:50 pm



### Shuffleboard

#### Silver Shufflers

When was the last time you had a good, competitive game of shuffleboard? Come join this group for an afternoon of fun and excitement.

#### Manzano Mesa

Tuesday, 1:00 - 4:00 pm  
\$1 donation, Scott Heron 299-7768 & Millie Martinez 797-0841

### Men's Softball

Practices begin in February with league play held on Tuesday and Thursday mornings from April to September.

#### Bear Canyon

65+ League, Bill Dubuque, 293-9530

#### 50+ Men's Softball

Practices begin in February with league play held on Tuesday and Thursday mornings from April to September. Meeting held every 2nd Friday.

**Highland, Room 3**  
9:30 - 11:00 am  
John Denery 573-1094

### Table Tennis

#### Practice and Play

Since its inception in 1880s England, as an after-dinner amusement for upper class Victorians, this sport has grown into an international favorite.

**Barelas, Social Hall**  
Upon request

**Bear Canyon, Social Hall**  
(subject to change)  
Monday, 1:30 - 3:30 pm  
Thursday, 9:30 - 11:00 am  
Friday, 2:30 - 4:45 pm  
Saturday, 9:00 - 11:00 am, 1:00 - 2:45 pm

**Manzano Mesa, Game Room**  
Monday - Friday, 8:00 - 9:00 am  
Saturday, 9:00 am - 3:00 pm



Continued on Page 50

Fencing • Hiking • Huachas • Pickleball  
Shuffleboard • Men's Softball • Table Tennis

Sports & Fitness

## Table Tennis, con't.

**N. Domingo Baca**, Game Room  
Monday - Friday, 8:00 am - 9:00 pm  
Saturday, 9:00 am - 3:00 pm

**North Valley**, Social Hall  
Monday, 2:00-5:00 pm  
(upon request)

**Palo Duro**, Mesquite  
1st Saturday, 9:30 - 10:30 am  
2nd, 3rd & 4th Sat, 9:30 - 11:30 am

## Volleyball: Indoor "Beachball"

### Volleyball Pick-up Games

Drop-in volleyball matches.



**Manzano Mesa**, Gym  
Monday, Friday, 5:00 - 7:00 pm

## Dance Classes

### Ballroom Dance

### Ballroom/Latin/Swing Dance: Intermediate

Continuation from the beginning class, with intermediate step patterns.

**Manzano Mesa**  
Saturday:  
10:00 - 11:00 am Beginner  
11:00 am - 12:00 pm Intermediate  
Barbara Weiss, info 506-0049

### Wise Women Belly Dance

Get in touch with your inner beauty while getting a good workout. This gentle approach to this ancient art form can be enjoyed by women of all ages, abilities, sizes and shapes.

**Manzano Mesa**, Social Hall  
Thursday, 5:45 - 7:00 pm  
Amaya

### Clogging

"Clog" comes from a Gaelic word meaning time.

**Manzano Mesa**, Social Hall  
2nd & 4th Friday, 9:30 - 11:00 am  
Shirley Smith



### Dance and Movement for Parkinson's

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Customized for all abilities.

**North Valley**, South Social Hall  
1st & 3rd Thursday, 2:00 - 3:00 pm  
Free to members with Parkinson's,  
Joanie Carlisle

### Line Dancing

Love to dance but don't have a partner?

**Barelas**, Lead/Coal  
Thursday  
1:30 - 3:00 pm  
Gayle Mecca, \$1

**Bear Canyon**, Social Hall  
Advance, Thu, 1:30 - 3:00 pm  
Doug Madison  
Beginning, Thu, 3:15 - 4:30 pm  
Clarada Hull  
Intermediate I, Tue, 3:00 - 4:30 pm  
Clarida Hull  
Intermediate II, Tue, 1:30 - 3:00 pm  
Clarida Hull

**Highland**, Social Hall  
Intermediate, Tuesday, 1:30 - 3:00 pm  
Wylene Santistevan

**Los Volcanes**, Social Hall  
Beginning, Thu., 9:00 - 10:00 am  
Intermediate, Thu., 10:10 - 11:10 am  
Jeanne Hendrix

**Manzano Mesa**, Social Hall  
Starter, Wed. 12:15 - 1:15 pm  
Dianne Sego  
Beginning, Wed., 1:30 - 3:00 pm  
Intermediate, Wed., 3:00 - 4:30 pm  
Georgette Smith  
Intermediate II, Fri., 1:30 - 3:00 pm  
Wylene Santistevan

**N. Domingo Baca**, Social Hall  
Beginning, Thu., 1:30 - 2:30 pm  
Mary Garcia  
Intermediate, Tue., 5:45 - 7:30 pm  
Georgette Smith

**North Valley**, South Social Hall  
Beginning, Mon, 1:00 - 2:00 pm  
Clarida Hall

### Palo Duro, Mesquite

Advanced, Mon, 1:30 - 3:00 pm  
Saturday (not first Sat.),  
10:30 am - 12:00 noon  
Beginning, Monday, 3:15 - 4:30 pm  
Saturday, 9:00 - 10:30 am, K. Tidy

### Square Dancing

Enjoy the timeless tradition of Square Dancing.

### Palo Duro, Mesquite

Wednesday, 1:00 - 3:00 pm  
Carol Champion



## Fitness/Exercise

### Adapted Aquatics

Taught at the University of NM Therapeutic Pool (92 degree water), participants are led through a series of range of motion exercises. Pre-registration required through the Sports & Fitness Centers. (The Multigenerational Centers will NOT be transporting clients. Ask the Senior Centers for the times that vans will depart for Session 1 & 2)

**Session 1:** Mon, Wed, Fri,  
9:00 - 10:00 am  
\$12/month. (3 classes/wk) donation,  
50¢ for transportation  
(Provided from all 6 Senior Centers)

**Session 2:** Mon, Fri, 1:15 - 2:15 pm  
\$8/month (2 classes/wk.) donation, 50¢  
transportation  
(Provided from all 6 Senior Centers and  
Los Vecinos Community Center)

**Session 3:** Tue, Thu, 9:00 - 10:00 am  
\$8/month (2 classes/wk.) donation, 50¢  
transportation  
(Provided from Palo Duro 50+ Sports &  
Fitness Center and varied Mealsites)

Join us for the  
Black Tie  
Evening Dance  
See Page 23





**T.N.T. Dynamite New Class!**

Come Trim 'n Tone your body with Andriana a seasoned professional with over 16 years' experience. This class is designed to fit your own individual needs and abilities. Work at your own pace towards improving strength, stamina and muscle tone.

**Bear Canyon, Social Hall**  
Monday, Wednesday, Friday  
9:30 - 10:30 am  
Cost: \$1.50 per class

**Los Volcanes Joe O. Armijo**  
Fitness Center Aerobics Room  
Monday, Wednesday, Friday  
11:45 am - 12:45 pm  
Cost: \$1.50 per class

**Aerobics**

These low impact aerobics classes are for beginners to advanced exercisers, everyone works at their own pace.

**Barelas, Social Hall**  
Tuesday, Friday, 9:15 - 10:15 am

**Highland, Social Hall**  
Mon, Wed, Fri, 8:45 - 9:45 am

**Los Volcanes Joe O. Armijo**  
**50+ Fitness Center** Aerobic Room  
Mon, Wed, Fri, 8:00 - 9:00 am

**Manzano Mesa, Gym**  
Mon, Wed, 8:15 - 9:15 am  
Fri, 8:15 - 9:15 am - Social Hall

**Palo Duro, Mesquite Room**  
Mon, Wed, Fri, 8:15 - 9:15 am



**Body Fat vs. Muscle**

The goal for optimal health is reducing body fat while increasing muscle. Visit us for a free assessment.

**Los Volcanes Joe O. Armijo**  
**50+ Sports & Fitness Center**  
3rd Wednesday, 8:00 am - 6:00 pm

**Manzano Mesa, 18+ Fitness Room**  
2nd Thursday,  
11:00 am - 1:00 pm



**N. Domingo Baca,**  
**18+ Sports & Fitness Center**  
4th Wednesday, 8:30 am - 1:30 pm,  
2:00 - 7:00 pm

**Palo Duro 50+ Sports**  
**& Fitness Center**  
1st Wednesday, 8:00 am - 7:00 pm

**Cardio/ Core/ Tone**

Increase lean muscle mass while burning calories to strengthen and tone your body. This class will incorporate circuit style cardio exercises and exercises using body weight, stability balls and weights with an emphasis on core strength.

**N. Domingo Baca, Group Exercise**  
**Room (Upstairs)**  
Tuesday, Thursday 8:05 - 9:05 am  
\$4/class, Marita

**Dance Aerobics**

Quick paced, high energy, core strengthening routines set to great music. No experience necessary.

**Los Volcanes Joe O. Armijo**  
**50+ Sports & Fitness Center,**  
**Aerobic Room**  
Tues, Thurs 5:30 - 6:30 pm  
Julie Stoffler



- Fitness
- Events
- Dances
- Classes
- Meals
- Clubs
- Games
- Trips

**THERE IS SOMETHING  
FOR EVERYONE!**

**Feldenkrais Method, Awareness Through Movement**

Often referred to simply as "Feldenkrais", is a somatic educational system designed by Moshe Feldenkrais. Feldenkrais aims to reduce pain or limitations in movement, to improve physical function, and to promote general well being by increasing students awareness of themselves and by expanding students movement repertoire.

**North Domingo Baca**  
Thursday, 9:30 - 10:30 am &  
6:00 - 7:00 pm  
Steve Mulvihill

**Fitball**

Target core muscles with stabilizing and balance exercises. Increase strength, sculpt, and tone.

**Los Volcanes 50+ Sports & Fitness Center, Aerobic Room**  
Monday, Friday 10:30 - 11:30 am

**Manzano Mesa, Gym**  
Thursday, 8:15 - 9:15 am  
Janet Porter, Nancy Misred

**Manzano Mesa, East Social Hall**  
Friday, 4:45-5:45 pm  
\$2.50, Ann Owens



**Flex & Tone**

Elongate and strengthen your muscles, increase flexibility, improve posture and develop a strong core.

**Highland, Social Hall**  
Tuesday, Thursday, 8:15 - 9:15 am

**Los Volcanes Joe O. Armijo**  
**50+ Sports & Fitness Center**  
Aerobics Room  
Tuesday, Thursday, 8:00 - 9:00 am  
**Manzano Mesa, Gym**  
Tuesday, 8:15 - 9:15 am

**North Domingo Baca, Aerobic Room**  
Tuesday, Thursday 9:15 - 10:15 am

**Palo Duro, Mesquite Room**  
Tuesday, Thursday, 8:00 - 9:00 am



### Gentle Exercise

Done mostly in a chair we use weights, balls and bands to focus on strength building with resistance.

**Barelas, Social Hall**  
Tuesday, Friday, 10:15 - 10:45 am

**Highland, Social Hall**  
Mon., Wed., Friday 10:00 - 11:00 am

**Los Volcanes Joe O. Armijo 50+ Sports & Fitness Center, Aerobic Room**  
Mon., Wed., Fri. 9:15 - 10:15 am, 11:45 am - 12:45 pm

**Manzano Mesa, Gym**  
Mon., Wed., Friday 9:30 - 10:30 am

**Palo Duro, Mesquite Room**  
Mon., Wed., Friday 9:30 - 10:30 am



### Get Moving Aerobics

Join this group fitness cardio class, which incorporates high and low impact choices in an effective workout to burn more fat, use calories, and meet your fitness goals.

**Manzano Mesa, Social Hall**  
Mon, Wed, 5:00 - 6:00 pm  
\$2.50 or \$20/month, Ann Owens

### Pilates

Learn the value of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

**North Valley, Social Hall South**  
Tuesday, 5:45 - 6:45 pm  
\$3, Karen Shore

**Palo Duro, Mesquite**  
Wednesday, 5:30 - 6:30 pm  
\$3, Karen Shore

**Palo Duro 50+ Fitness Center**  
Pilates Reformer Machine Training  
Call 880-2800 for class schedule

### Pilates

Increase your core strength, balance and flexibility while having fun. Students of all levels can safely participate in these invigorating 50 minute classes. We will develop strength, focus on balance and improve our overall sense of well-being.

**Barelas, Lead & Coal**  
Tuesday, 8:30 - 9:30 am  
\$2 suggested donation  
Richard Sertich

### Piyo

A unique class designed to build strength & gain flexibility. It's about energy, power, and rhythm. Think sculpted abs, increased overall core strength, and greater stability.

**North Domingo Baca Fitness Center, Aerobic Room**  
Monday, Wednesday, & Friday  
8:05 - 9:05 am  
\$5/Class Jalum Armazanduk

### Salsarobics

Spice up your workout with this energetic, fun and sizzling workout; learn the fundamentals of Latin dance such as Salsa, Merengue, Bachata, Brazilian Samba and always sexy Cha Cha. Fitness shoes or Dance shoes required.

**Los Volcanes, Social Hall**  
Thursday, 5:30 - 6:30 pm  
Saturday, 9:00 - 10:00 am  
\$3, Elena Valencia



### Senior Strength and Toning

Exercises done in and out of a chair. This class is designed to help gain strength, endurance, flexibility, balance, and bone density.

**N. Domingo Baca**  
Group Exercise Room (upstairs)  
Monday Wednesday, Friday  
9:15 - 10:15 am  
\$2/class, Jalum Armazanduk



### Zumba

Zumba fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow you away.

**Manzano Mesa, East Gym**  
Saturday, 11:15 am - 12:15 pm  
Thursday, 6:00 - 7:00 pm  
Fee: \$3, Jenny

**North Valley, South Social Hall**  
Tuesday, 5:30 - 6:30 pm  
Fee: \$3, Mary Martinez

### Zumba Gold

This class is designed for the active older adult. It fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow you away.

**Bear Canyon, Social Hall**  
Monday, Wednesday, Friday  
\$2 per class, 8:15 - 9:15 am  
Instructor: Julie M. Salazar

**Los Volcanes Joe O. Armijo 50+ Sports & Fitness Center, Aerobic Room**  
Tuesday, Thursday 9:30 - 10:30 am  
\$1, Dee Williams

**Manzano Mesa, Gym**  
Monday, Wednesday, 10:45 - 11:45 am  
\$1, Dee Williams

### Zumba Gold Toning

This class is designed for the active older adult. You will use fast and slow rhythms and resistance training to tone and sculpt your body and burn fat.

**Manzano Mesa**  
Friday, 8:00 - 9:00 am  
\$1, Dee Williams

### Zumbatomic

**N. Domingo Baca**  
Group Exercise Room (upstairs)  
Thursday, 4:45 - 5:45 pm  
Jalum Armazanduk



## Weight Training

### Weight Training Orientations



Get more energy and increase muscle tone and bone density! Sleep and feel better! Attend a

free orientation and learn the fundamentals of weight training.

**Los Volcanes Joe O. Armijo**  
50+ Sports & Fitness Center  
Appointment: 839-3710

**Manzano Mesa, Fitness Room**  
Appointment: 275-8731 X232

**N. Domingo Baca, Fitness Room**  
Appointment: 764-6496

**Palo Duro 50+ Sports & Fitness Center**  
Appointment: 880-2800

### Fitness Facilities

Our fitness facilities are equipped with strength training and cardio equipment. A \$13/year membership entitles you to full privileges. There is a contribution of 50¢/visit. Free equipment orientations are available by appointment.

**Barelas, Pacific Room**  
764-6436, 714 7th Street, SW

**Los Volcanes Joe O. Armijo**  
50+ Sports & Fitness Center  
839-3710, 6500 Los Volcanes, NW

**Manzano Mesa, Fitness Room**  
18+ Sports & Fitness Center  
275-8731, 501 Elizabeth, SE

**N. Domingo Baca**  
18+ Sports & Fitness Center  
764-6496, 7521 Carmel, NE

**North Valley**  
761-4025, 3825 Fourth Street, NW  
small fitness room with cardio equipment and weight machines. Free for members.

**Palo Duro 50+ Sports & Fitness Center**  
880-2800, 3351 Monroe, NE

### Basics with Free Weights

For novice weight trainers. Learn safe free weight lifting techniques to be used with or without workout machines to provide variety in reaching fitness goals.

**Los Volcanes Joe O. Armijo**  
50+ Sports & Fitness Center  
Call 839-3710 for schedule

**North Domingo Baca Fitness Center**  
Call 505-764-6496 for schedule



## Self Defense

### All-Star Youth Karate

For ages 4–15, martial art techniques, emphasizing self-defense and child safety awareness is covered.

**Manzano Mesa,**  
East Social Hall  
Wednesday, 6:00 - 9:00 pm  
Mistie Gallegos,  
register: 899-1666



### New Mexico Kendo Kai

A Japanese martial art of sword fencing.

**Manzano Mesa,**  
East Social Hall  
Friday, 6:00 - 8:00 pm  
Davis Begay,  
register: 899-1666

### Aikido (Tachi Waza & Weapons)

**North Domingo Baca**  
Saturday, 9:00-11:45 am

### Tae-kwon-do

Traditional and olympic-style taekwondo training focused on improved physical strength and stamina, better focus and concentration, greater self-discipline, competency in self-defense and increased self-confidence. Classes will be led by Master Instructor, former National Champion & Team Captain at the US Olympic Training Center, David Martin.



**N. Domingo Baca, Varies**  
Monday 7:15 - 8:15 pm  
Tuesday, 7:15 - 8:15 pm  
Thursday, 7:15 - 8:15 pm  
Individual, group, and family rates, contact for details, David Martin, acceleration-coaching@gmail.com

### Kendo Kai

Meaning "Way of the Sword," the modern Japanese martial art descended from traditional swordsmanship (kenjutsu) and uses bamboo swords (Shinai), and protective armor. It is a physically and mentally challenging activity that combines martial arts practices and values with sport-like strenuous physical activity.

**North Domingo Baca,**  
Wednesday, 7:00 - 8:45 pm  
\$20 adults, \$10 youth  
Davis Begay

### Iron Olympian Karate

Develop physical strength, discipline, balance, coordination and self-esteem. Class includes breakaway techniques and safety awareness.

**Manzano Mesa, Room 3**  
Tuesday, Wednesday,  
6:00 - 8:00 pm  
Chris Nowak



**Self Defense, con't.**

**Kempo Karate**

**Personal Defense Club,  
Close Quarter Combat**

A place to learn, teach and practice personal fighting skills - not associated with any traditional Asian art or sport.

**Manzano Mesa, Room 4**  
Monday, 7:00 - 9:00 pm  
\$10/month, Dr. Sean Ross



**Eastern Traditions**

**Tai Chi**

Slow, gentle movement to build health & balance, reduce stress and heal from injuries. Presented in a brief way to balance the whole self: physically emotionally and spiritually.

**Los Volcanes, Room #2**  
Wed., 1st, 2nd, 3rd,  
12:00 - 1:00 pm  
\$3 donation Kay

**Tai Chi for Better Balance**

FREE 12 week program

**North Valley, Fitness Room**  
Friday, July 17  
12:30 noon - 1:30 pm

**Yang Style Tai Chi**

**North Domingo Baca**  
Friday  
11:30 am - 12:30 pm



**T'ai Chi Chih**

Easy, gentle movements that balance the internal energy (Chi). It is often called a "moving Meditation" and the benefits of this practice can include improved balance, flexibility, stamina, and regulation of stress, blood pressure and weight.

**Palo Duro, Ponderosa Room**  
Beginning Tai Chi Chih 3:15 - 4:15 pm  
Continuing Tai Chi Chih 4:30 - 5:30 pm  
July 8 - September 2  
September 23 - November 18  
December 2 - 16 (continuing level only)  
\$60/8 weeks, payable at first class  
Ellen Tatge

**T'ai Chi Chih (PRACTICE)**

**Bear Canyon, Room 1**  
Wednesday, 11:30 am - 1:00 pm  
Mary Moriarty

**Bear Canyon, Room 1**  
Wednesday, 3:30 - 4:30 pm  
Helen

**Yang Style Tai Chi**

**North Domingo Baca**  
Friday, 11:30 am - 12:30 pm  
\$5/donation  
Instructor: Sifu TyBeh

**T'ai Chi Ch'uan**

Beautiful, gentle, flowing movements improve balance, lower high blood pressure, increase bone density and cultivate Chi, or internal energy. T'ai Chi reduces stress and arthritis pain, significantly improves brain size in seniors, and may delay the onset of Alzheimer's disease. Cultivate your Chi for a long and happy life!

**Barelas, Social Hall**  
Wednesday 9:30 - 10:30 am  
Sihing Ilene Dunn  
Suggested donation \$5

**Highland, Social Hall**  
Intermediate  
Thursday 2:00 - 3:00 pm  
Master Dug Corpolongo  
Suggested donation \$5

**Highland, Social Hall**  
Thursday 9:30 - 10:30 am  
Ilene Dunn  
Suggested donation \$5

**Los Volcanes, Room 2**  
Tuesday 3:00 - 4:00 pm  
Sifu Ty Beh  
Suggested donation \$5

**Manzano Mesa, Room East Social Hall**  
Tuesday 9:30 - 10:30 am  
Ilene Dunn  
Suggested donation \$5

**North Valley, Room 1 and 2**  
Monday 9:30 - 10:30 am  
Master Dug Corpolongo  
Suggested donation \$5

**Palo Duro, Ponderosa Room**  
Friday 9:30 - 10:30 am  
Sifu Ty Beh  
Suggested donation \$5  
(Not meeting 1st Friday)

**Nia Technique**

The Nia Technique draws inspiration from the dance arts, martial arts and healing arts for a cardiovascular, aerobic, fun and challenging workout. Dancing is done in bare feet.

**Highland, Room 8**  
Thursday, 11:15 am - 12:15 pm  
Check with instructor for cost  
Michele Diel



**Palo Duro, Aspen**  
Wednesday, 3:15 - 4:15 pm  
\$6 or \$30/5classes/First Class Free Diel

**Meditation Circle**

**North Domingo**  
Friday, 12:00 - 1:00 pm  
Lynn Alexander Free

**Yoga**

**Yoga, Chair**

Focus on alignment, breath, relaxation and core awareness by increasing strength, flexibility, mobility and building bone density.

**Bear Canyon, Room 1**  
Mondays, 2:30 - 3:30 pm  
Donation \$5+, Tiana

**Los Volcanes, Room 10**  
Friday, 11:00 am - 12:00 pm  
Donation, Lori Armi

**Gentle Yoga**

For anyone new to yoga or desiring a slower paced class. Relaxation, breathing, and simple meditations will be explored and support equipment will be used.

**Basics/Beginning Yoga**

Class focus is on precise alignment while building a pose, finding the ease in your pose as you build strength and flexibility.

**Manzano Mesa, East Social Hall**  
Monday, 6:15 - 7:15 pm  
\$7/class, Ann Owens

**Beginning Yoga & Beyond**

Bring balance, strength, & flexibility to the mind, body and emotions through yoga. Great for both beginners and the experienced student.

**Los Volcanes Joe O. Armijo**  
**50+ Sports & Fitness Center,**  
Aerobic Room  
Saturday, 8:10 - 9:30 am  
\$3/class, Kathy





## Yoga

Improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

### Barelas

Monday, Thursday, 9:15 - 10:30 am

### Bear Canyon, Multi-Purpose

Fridays, 1:30 - 2:15 pm  
Donation, Tiana

### Highland, Room 8

Wednesday, 1:15 - 2:45 pm  
Mindy Caplan

### Manzano Mesa, East Social Hall

Monday, 6:15 - 7:15 pm  
\$25/month, Ann Owen

### N. Domingo Baca, Classroom 4

Monday, 9:00-10:00 am  
Friday, 1:00 - 2:00 pm, Classroom 4  
Lynn Alexander

### N. Domingo Baca, Aerobic Room (Upstairs)

Tuesday, Thursday, 6:00 - 7:00 pm  
\$5/class, Anita Crouse

### Palo Duro, Ponderosa

Monday, 9:00 - 10:00 am

### Deep Stretch Yoga

#### North Domingo Baca

Mon., 12:00 - 1:00 pm & 5:30 - 6:30 pm



## Yoga, Hatha

Gentle yoga with an emphasis on stretching and breathing.

### Hatha Yoga Plus

(plus core body-work)

#### Manzano Mesa, Room 5

Friday, 9:00 - 10:00 am  
Janet Porter  
Hatha Yoga Qi Gong

#### Manzano Mesa, Room 5

Wednesday, 9:00 - 10:00 am  
Dee Cappelle

#### North Valley, Room 1 & 2

Tuesday, Thursday, 3:00 - 4:00 pm  
\$3, David Plummer

### Yoga-Kundalini

This yoga class omits the typical Asana (postures) and focuses on breathing, chanting, visualization and long periods of vipassana meditation for the experienced meditator.

#### Manzano Mesa, Room 4

Wednesday, 10:10 - 11:10 am  
Sueshila Stubbe

### Laughter Yoga

This class combines unconditional laughter with yogic breathing (pranayama). Laughter is simulated as an exercise in a group with eye contact and childlike playfulness - soon turning into real and contagious laughter.

#### Manzano Mesa, Room 3

Now meeting 1st Saturdays,  
9:00 - 10:00 am  
Free



Join a Poetry Group  
See Page 31

## Yoga, Dahn

Dahn Yoga is the yoga of stress relief. Increase flexibility, improve breathing patterns and concentration. Through committed practice class members can also manage problems with weight and pain.

N. Domingo Baca,  
Aerobic Room (Upstairs)  
Saturday, 10:30 - 11:45 am  
\$5/class, Lynn Alexander



#### North Valley, Social Hall South

Tuesday, Thursday, 3:00 - 4:00 pm  
\$3, David Plummer

## Other Classes

### Chair Massage

Natural non-invasive pain relief. Benefits include improved posture and range of motion, reduced anxiety and stress, increased sense of well-being massage done for a nominal fee.

### Chair Massage Therapy

Choice of seated massage in a regular chair, wheelchair, or a massage chair.

#### North Valley, Lobby

1st & 3rd Wednesday  
9:00 am - 12:00 pm  
Donation  
Ellen Santistevan, LMT 6535, APP

### Reflexology Massage Therapy

Reflexology is a hands on modality that relaxes and restores the body by working the hands and/or feet. Come treat your feet or hands.

#### North Valley, Lobby

4th Wednesday and 2nd Friday  
9:00 - 11:00 am  
\$10 for 15 minutes  
Catherine Barba, LMT6823

### Synthesis

Synthesis offers a unique approach to the mind-body connection by blending deep relaxation and gentle stretching movements. Deep relaxation is a mentally active process which leaves the mind and body relaxed, calm and focused. Gentle stretching follows deep relaxation enhancing the experience of relaxed mindfulness in a physical activity.

#### Highland, Room 8

Wednesday, 3:30 - 4:30 pm  
Instructor: Sandy Garthwaite

# Sports & Fitness

## Other Classes

### EnhanceFitness

Improve balance, flexibility; bone density, coordination, endurance and strength. This is an evidence-based senior fitness class. Pre-registration along with fitness assessment required prior to attending.

**Los Volcanes Joe O. Armijo**  
**50+ Sports & Fitness Center,**  
 Aerobic Room  
 Mon, Wed, Fri, 1:00 - 2:00 pm  
 Dee Williams

**North Valley,** South Social Hall  
 Monday, Wednesday, Friday,  
 8:45 - 9:45 am  
 Ellias Novrestari

**North Domingo Baca**  
 Monday, Wednesday & Friday  
 8:05 - 9:05 am  
 10:15-11:15am



### REIKI

If you suffer from physical pain, sleeplessness, emotional pain, Reiki energy may help you. Linda does 15 minute session for walk-in and donation basis.

**Highland, Room 8**  
 Every 1st Friday 9:30 am - 12:00 pm

### Balance & Movement for Parkinson's

This class is designed for most all levels and focuses on balance and movement while either seated or standing. Slow movements, strength, hand-eye coordination and memory are also incorporated in a fun atmosphere. Caregivers are encouraged to attend and participate too!

**Highland, Room 8**  
 Monday 3:00 - 3:45 pm  
 Cost: \$5 per class  
 Instructor: Mindy Caplan



Check out the Rococo Sport Horses  
*See Page 62 for details*



## Monthly Trips

# Trips

### Trip Policies

- To register for trips, present your membership card or give your card information with your payment.
- Make checks payable to the City of Albuquerque
- Cancel at least 3 days in advance.
- For overnight, day trips, or performances that require an advanced payment, a refund will be provided if a replacement is found.

- Meals are at your expense.
- Remain with group for the entire trip.
- Return times are approximate.
- We require a two-week notice for special accommodations.
- Mileage charges for van use are 5¢ per mile per person and may include driver costs.
- Refunds: Original receipts should be presented to receive approved refunds. No refunds on trips costing \$1.00 or less.

The City of Albuquerque Department of Senior Affairs, Center Policies and Procedures, Section 3.4-N, stipulates that anyone who goes on a Center-sponsored outing must "sign the Trip

Release Form before leaving the Center". If an individual chooses not to sign the form, he or she will forfeit the opportunity to go on the outing and a refund will not be given.

### DATES to sign up for trips:

**Beginning Monday, July 6th**  
 trips registrations/presentations will be available for sign up



## Trips

### Monthly Trips

#### Ride & Glide w/Ron

Enjoy fun-filled trips to mystery destinations. Ron will see to it that you have a wonderful time just exploring the natural beauty of our state. Enjoy a delicious lunch at a local restaurant.

**Bear Canyon**  
 Thursday, July 2  
 Wednesday, August 19  
 Tuesday, September 29  
 Tuesday, October 6  
 Monday, November 23  
 Wednesday, December 2

Check in: 8:00 am • Return 5:00 pm approximately  
 \$6.50 transportation, 5¢ per mile if trip exceeds 100 miles

### Lunch Bunch

Visit a variety of restaurants in and around town and enjoy a wonderful meal with old and new friends.

**Bear Canyon**  
 4th Thursday  
 Check in: 10:45 am • Return 2:00 pm  
 50¢ transportation

### Out-To- Dinner

Experience the ambiance and fare at a variety of area restaurants while enjoying the company of friends.

**Bear Canyon**  
 1st Monday  
 Check in: 4:45 pm • Return 8:30 pm  
 50¢ transportation

Join us in celebrating  
 National Watermelon Day!  
*See Page 21*



**Palo Duro  
presents...**

## *A "Fare" to Remember*



***Trips leave  
Palo Duro.  
Sign up at  
the front desk.  
Meals at your  
own expense.***



### **Mucho Gusto**

Santa Fe  
Mexican cuisine; 1 soup of the day &  
House or Caesar salads only.  
Wednesday, July 8  
Check in: 10:00 am • Return: 4:00 pm  
Cost: \$7.50

### **Katrinah's East Mountain Grill**

Edgewood  
Mexican cuisine  
Visit to Schwebach's farm market  
Tuesday, August 11  
Check in: 10:00 am • Return: 4:00 pm  
Cost: \$4.50

### **El Rancho Hotel Restaurant**

Gallup  
New Mexican Cuisine, salads, burgers,  
sandwiches, ribs & steaks  
Wednesday, September 9  
Check in: 8:00 am • Return: 5:00 pm  
Cost: \$15.50

### **El Farolito (CASH ONLY)**

El Rito  
Burgers, dogs, sandwiches & Mexican  
cuisine.  
Visit to Northern New Mexico College  
– El Rito Campus  
Thursday, October 15  
Check in: 8:00 am • Return: 5:00 pm  
Cost: \$13.50

### **El Camino Restaurant**

Socorro  
Mexican cuisine  
Docent tour of San Miguel Church  
after lunch (approx. 1:30 pm)  
Monday, November 9  
Check in: 10:15 am • Return: 4:00 pm  
Cost: \$9.50

### **Indigo Crow**

Corrales  
Soup, salads, burgers, sandwiches,  
Fish & Chips, Fish tacos, Pork tacos &  
Mac & Cheese  
Tuesday, December 15  
Check in: 10:30 am • Return: 4:00 pm  
Cost: \$3.00

### **Enchanted Journeys with Shannon**

We'll visit a mystery destination that's  
sure to be lots of fun, followed by  
lunch at a nearby restaurant.

#### **Barelas**

Thursday, July 2  
Thursday, August 6  
Thursday, September 3  
Thursday, October 1  
Thursday, November 5  
Check in: 8:15 am • Return: 4:00 pm  
\$13.00 transportation,  
lunch at your own expense

#### **Ride & Roam with Ron**

The destination is a mystery but be as-  
sured you are in for an adventure.

#### **Palo Duro**

Tuesday, July 7  
Wednesday, August 12  
Thursday, September 3  
Tuesday, October 13  
Tuesday, November 17  
Wednesday, December 9

Check in: 8:00 am • Return: 4:00 ap-  
proximately

Cost: .05¢ a mile transportation cost  
paid upon return & lunch at your own  
expense.

### **ON THE HUNT FOR THE BEST GREEN CHILE CHEESEBURGER**

New Mexico didn't invent the ham-  
burger, but we're the ones who  
added green chili and made it hot!  
No state is more passionate about its  
burger. Join us on our hunt to various  
locations over the next few months.  
You be the judge! You'll also get to  
visit various nearby attractions as an  
added bonus!

#### **Barelas**

Tuesday, July 28  
Check In: 8:15 am  
Return: 4:30 pm  
Restaurant - Bode's General Store -  
Abiquiu  
Attraction - Purple Adobe  
Lavender Farm  
\$15.25 Transportation

Thursday, August 27  
Check In: 7:30 am  
Return: 3:30 pm  
Restaurant - Laguna Burger -  
Rio Puerco  
Attraction - El Malpais National  
Monument, near Grants  
\$12.25 Transportation



Thursday, September 24  
Check In: 8:15 am  
Return: 3:30 pm  
Restaurant - El Bruno's Café - Cuba  
Attraction - Jemez Springs  
Transportation \$10.00

Thursday, October 15  
Check In: 9:00 am  
Return: 2:00 pm  
Restaurant - The Greenside Café -  
Cedar Crest  
Attraction - Cedar Crest  
Transportation \$3.25

Thursday, November 12  
Check In: 8:00 am  
Return: 4:30 pm  
Restaurant - Buckhorn Tavern -  
San Antonio  
Attraction - Bosque del Apache Nation-  
al Wildlife Refuge  
Transportation \$12.25

**Monthly Trips · A "Fare to Remember"  
Hunt for the Best Chile Cheeseburger**

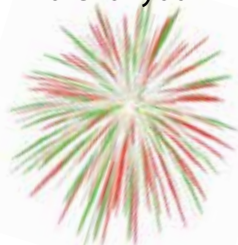
**Trips**

# DAY TRIPS

**JULY**

## Las Vegas Fourth of July Fiestas

Join us for a fun time in Las Vegas New Mexico for the Annual Fourth of July Fiestas. Music, food, arts and crafts and much more for your enjoyment.



### North Valley

Saturday, July 4  
Check in: 8:00 am  
Return: 5:00 pm  
\$13

### Barelas

Saturday, July 4  
Check In: 7:00 am - Return 6:00 pm  
\$13 transportation

## Telephone Museum

Housed in a charming 1906 building visitors will enjoy the variety of switchboards that were once the "link to the world." There are hundreds of telephones on display as well as teletype machines.

### Bear Canyon

Friday, July 10  
Check in: 9:00 am • Return: 2:00 pm  
Cost: \$2.50, lunch and admission at your expense

## Dinner & Mariachi Showcase Concert

Let's enjoy dinner at a nice restaurant followed by a good time at the Mariachi Showcase Concert at Civic Plaza. Listen to Mariachis from around the state. This concert provides an opportunity for all students to perform the music they have learned during a 3 day conference for Mariachis.

### North Valley

Friday, July 10  
Check in: 5:00 pm • Return: 8:30 pm  
\$1 transportation



## Lavender & Garlic Festival

The Los Ranchos Growers' Market hosts the Lavender and Garlic celebration. Vendors will have lavender products and various types of garlic. There will also be classes and demonstrations.

### Highland

Saturday, July 11  
Check In: 10:00 am  
Return: 2:30 pm  
Cost: \$1.50



## Indian Arts & Culture Museum

The Museum of Indian Arts and Culture presents the diverse stories that illuminate the art and history of Native America through two millennia. Lunch to follow.

### Manzano Mesa

Wednesday, July 15  
Check In: 8:45 am  
Return: 5:00 pm  
Cost: \$9



## Do I Look Old in This?

Let's go to Stein Mart for a fashion premier for "Seniors." Everything from casual to dressy, join us for a fun informative non-selling experience conducted by a fashion expert at Stein Mart.

### Bear Canyon

Monday, July 20  
Check in: 12:15 pm  
Return: 3:30 pm  
Cost: 50¢



## "Only in Albuquerque"

Albuquerque Museum presents "Only in Albuquerque" an interactive, engaging, fun filled presentation of the history and culture of the Central Rio Grande valley.

### Bear Canyon

Tuesday, July 21  
Check in: 8:45 am • Return: 3:00 pm  
Cost: \$2.50, Lunch and admission at your expense

## Senior Center Tours

Join us as we travel across town to Los Volcanes Senior Center, and then we will make our way to Bare-



las Senior Center and lastly enjoy a delicious lunch at North Valley Senior Center followed by a tour.

### Bear Canyon

Tuesday, July 28  
Check in: 8:15 am Return: 2:00 pm  
Cost: \$.50  
Lunch at your expense



## National Hispanic Cultural Center

This Exhibition: "Marco! Celebrating Nuestro Maestro Jose Marcos Garcia" brings together over 100 works by the local artist. This exhibition celebrated the fondness the city of Albuquerque had for this artist and reveals his legacy for the first time.

### Highland

Thursday, July 16  
Check In: 10:00 am • Return: 2:30 pm  
Cost: \$1.50

## Albuquerque Police Museum

There are many interesting exhibits; including photograph, uniforms, motorcycles, badges and early crime laboratory equipment. After the museum we will stop for lunch at your own expense.

### Palo Duro

Wednesday, July 22  
Check in: 9:00 am  
Return: 2:30 pm  
Cost: \$2.00

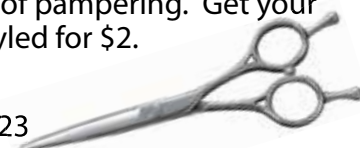


## DeWolff's College of Hair Styling & Cosmetology

Join us for day of pampering. Get your hair cut and styled for \$2.

### Barelas

Thursday, July 23  
Check In: 9:15 am • Return 1:30 pm  
50¢ transportation



See page 3 for contact info.





## Santa Fe Spanish Market via Railrunner

We will arrive in the Santa Fe Depot in the historic Railyard. Browse the shops and specialty boutiques at Sanbusco Market Center. One block away, galleries, boutiques, antique and craft stores. Walk to the Plaza (8 blocks) or grab the free Santa Fe Pick-up shuttle at the depot.

### N. Domingo Baca

Saturday, July 25

Check in: 8:45 am

Return: 5:00 pm

Cost: \$1.00 + RailRunner Fee



## Market Place at Rail Yards

Come for the local produce, the great food, art, or live entertainment.

### Manzano Mesa

Sunday, July 26

Check In: 9:00 am • Return: 12:30 pm

Cost \$1.50

## Carlito Springs Open Space

An easy 15 minute drive takes you to desert oasis, featuring an exposed spring that fills 3 pools and its lush vegetation. Lunch will follow at a local eatery.

### Manzano Mesa

Tuesday, July 28th

Check In: 9:30 am • Return: 4:00 pm

Cost: \$1.50

## Fenton Lake Picnic

Enjoy a day at the lake on a beautiful summer day. Take a hike, fish or take a relaxing walk along the lake.

### North Valley

Thursday, July 30

Check in: 8:30 • Return: 4:30 pm

\$8 transportation



# AUGUST

## Summer Festival & Wild West Adventures (El Rancho De Las Golondrinas)

Meet the lawmen, desperados and mountain men who put the "wild" in "wild west!" Peruvian Paso Horse shows.

### North Valley

Saturday, August 1

Check in: 9:30 am • Return: 4:00 pm

\$8 transportation

## Hispanic Cultural Center

This exhibit is something to be proud of for the North Valley Senior Center. Artist Jose' Marcos Garcia frequented the NV Senior Center at one time. The "MARCO" Exhibit brings together over 100 works by the local artist.

### North Valley

Tuesday, August 4

Check in: 9:30 am • Return: 4:00 pm

\$1 transportation

## Santo Domingo Feast Day

Santo Domingo Pueblo is the scene of the largest Indian Dance Ceremony held annually in the Southwest. This is the Feast Day of St. Dominic, Patron Saint of the historic Indian Pueblo.

### Barelas

Tuesday, August 4

Check in: 8:00 am • Return: 4:00 pm

\$5 transportation

### Bear Canyon

Tuesday, August 4

Check in: 8:15 am • Return: 4:00 pm

Cost: \$5.00

Lunch at your expense

### Los Volcanes

Tuesday, August 4

Check in 8:15 am • Return: 4:00 pm

approximately

\$5 Transportation

## NM State Pen

The New Mexico Corrections Department will be offering tours of the "Old Main" prison over the summer. These tours inform visitors about what happened during the 1980 riot and teach



them more about the Corrections Department.

### Los Volcanes

Thurs., August 6

Check in 10:00 am

Return: 4:00 pm

approximately

\$3 Transportation

\$5 Lunch, \$15 Tour

## Corrales Bike & Wine Tour

The tour will feature a bike ride with stops designated roughly every two miles for patrons to enjoy wine tasting offered by the villages premier vineyards. Plan on at least 4 hours to really take it all in & ending at 5 pm to enjoy live jazz music until 7 pm at registration booth. Bicycle safety equipment and all-terrain bikes are encouraged. All ages are welcome on the tour.

All additional expenses on your own. (Extra glasses of wine at each winery bottles of wine, etc.)

### Los Volcanes

Saturday, August 8

Check in 10:45 am

Return: 4:00 pm approx.

\$4 Transportation

\$8 Tour



## Bandelier National Monument

A visit to Bandelier is a great way to learn about the ancestral pueblo people and envision them in the beautiful valley that is set aside as the National Monument.

### Los Volcanes

Tuesday, August 11

Check in 7:30 am • Return: 5:00 pm

approximately

\$3 Transportation

\$6 Admission

***Trips are first-come,  
first-served.  
Most require  
advance  
registration.***



# July & August Day Trips

# Trips

## AUGUST, CONT.



### Balloon Museum

Tour the Balloon Museums vast collection of balloons, art work and aerial artifacts. \$2.00 admission at your own expense.

#### Bear Canyon

Wednesday, August 12

Check in: 9:00 am • Return: 3:00 pm  
Transportation 50¢, \$2.00 admission,  
Lunch at your expense

### Whitehawk Ethnographic and Antique Indian Art Shows

The Whitehawk Shows have been a Santa Fe tradition for 37 years. Each show boasts over 100 dealers and features merchandise not seen anywhere else.

#### North Valley

Friday, August 14

Check in: 8:15 am • Return: 5:00 pm  
\$9 transportation



### Cold Mountain - Santa Fe Opera

Deserting the Confederate army and fleeing the hospital to reunite with the love of his life, wounded Civil War soldier WP Inman endures an American odyssey that has gripped millions of readers-and now takes the opera stage.

#### Palo Duro

Monday, August 17

Check in: 4:30 pm • Return: 12:00 am  
approximately  
Cost: \$62.25

### KOB Tour

See "behind-the-scenes" of your local KOB 4 News Broadcasting station! Enjoy a 40-minute tour of the studio. We will follow up our tour with lunch at a local eatery.

#### Bear Canyon

Tuesday, August 18

Check in: 10:00 am

Return: 3:00 pm

Cost: \$2.00

Lunch at your expense at  
local restaurant

### Ojo Caliente

Ojo Caliente is the only natural hot springs in the world with the remarkable combination of five bubbling waters. Each is pleasantly pleasing to your senses. The fee includes access to all the pools and steam baths all day.

#### Los Volcanes

Thursday, August 20

Tuesday, September 22

Check in 6:45 am • Return: 6:00 pm  
\$14.50 transportation/ \$21.43 Mineral Bath, extra services are available. The entrance to the mineral baths are at your own expense. Bring your own lunch or purchase lunch at the Artesian Restaurant.

#### North Valley

Thursday, September 17

Check in: 8:00 am • Return: 5:00 pm  
\$13 transportation



### Santa Fe Plaza & St. Francis Cathedral

A little shopping, sightseeing and relaxing on the plaza; eat lunch at a restaurant of your choice, and visit the Cathedral. You can do it all!

#### Los Volcanes

Tuesday, August 25

Check in 8:45 am • Return: 3:00 pm  
\$7 Transportation

### Casa Rondena Winery

A unique Moorish castle that encloses a huge wine making operation that produces a respected cabernet and sauvignon wines. This is a 2-hour tour.

#### Los Volcanes

Thursday, August 27

Check in 12:15 pm • Return: 3:30 pm  
\$2 Transportation \$15 Admission



### Daughters of the Regiment - Santa Fe Opera

Born to wealth, the vivacious Marie was found as an infant on a battlefield and raised by soldiers who dote on her. The affection is mutual, and when wealthy relatives separate her from the regiment, her boyfriend Tonio joins forces with her outraged soldier buddies. Their hilarious plot to thwart Marie's snooty family breaks rom-com rules and gender stereotypes, but it is wreathed in vintage vocal splendor.

#### Palo Duro

Wednesday, August 26

Check in: 4:30 pm • Return: 12:00 am  
approximately  
Cost: \$62.50

### Canyon Road in Santa Fe

Nestled in the foothills of the Sangre de Cristo Mountains, Canyon Road is a magical half-mile in the Historic District of Santa Fe. Stroll this picturesque trail to experience fine art, great shopping and exquisite dining.

#### Highland

Wednesday, August 12

Check In: 8:30 am • Return: 4:00 pm  
Cost: \$7.50



### Isotopes Ball Game

It's a family night out! Skip the parking hassle and box office and join us as we watch the Isotopes take on Fresno!

#### Manzano Mesa

Friday, August 14th

Check In 5:45 pm • Return: 9:30 pm  
Cost \$13.50 includes transportation  
and admission ticket.





### Humane Society Tour

Learn how Animal Humane serves our community witnessing first-hand how our comprehensive Circle of Care programs change the lives of New Mexico pets and pet owners. After our tour we will have lunch at a local restaurant.

#### Manzano Mesa

Wednesday, August 19th  
Check In: 10:30 am • Return: 2:30 pm  
Cost \$1.50

### Adobe Theatre "Picnic"

William Inge drama set in a small Mid-western town in the early 50s as the residents prepare for the annual Labor Day picnic. Complications arise when a handsome stranger visits and old college friend.

#### North Domingo Baca

Friday, August 21  
Check In: 7:00 pm • Return: 10:15 pm  
Cost: \$15.65 includes admission

### Acoma Sky City

Sky City Cultural Center and Haak'u museum, is rich in cultural architecture. Acoma is the oldest continuously inhabited settlement in North America and the 28th Historic site designated by the National Trust for preservation. Museum fee and Tour will be at your cost.

#### Highland

Wednesday, August 26  
Check In: 8:00 am • Return: 5:00 pm  
Cost: \$8.25

### Unser Museum

Take a guided tour and learn about the Unser family history, then explore on your own, seeing and interacting with racing history as it happened.

#### Bear Canyon

Wednesday, August 26  
Check in: 9:00 am • Return: 3:00 pm  
Cost: \$2.50, Lunch and admission at your own expense

## Stop Senior Hunger



Donate Senior-friendly food at:

- Senior Centers
- Multigenerational Centers
- Sports & Fitness Centers

Throughout the month of September

Stop Senior  
HUNGER

A COMFORT KEEPERS® INITIATIVE

In  
partnership  
with



Comfort  
Keepers



CITY OF ALBUQUERQUE  
DEPARTMENT OF SENIOR AFFAIRS



### Mountainair Sunflower Festival

Music, food, arts & crafts and a Sunflower Hat contest. Musical performers include Le Chat Lunatique, Rye Creek Band and Erineo. Food vendors will be available at the festival.

#### Palo Duro

Saturday, August 29  
Check in: 9:00 am • Return: 5:00 pm  
Cost: \$8.50

#### Bear Canyon

Saturday, August 29  
Check in: 9:00 am • Return: 5:00 pm  
Cost: \$8.50

#### Manzano Mesa

Saturday, August 29  
Check in: 9:00 am • Return: 5:00 pm  
Cost: \$8.50



### San Esteban Del Rey Feast Day - Acoma Pueblo

Native American Feast Days allow tribal members to come together in a renewal of their language, culture, and religion. On these days, the communities celebrating a feast day are

open to the public, and members of the tribe will prepare a variety of bountiful meals to share with their visiting guests.

#### Barelas

Wednesday, September 2  
Check in: 8:30 • Return: 4:30 pm  
\$8 transportation, \$5 shuttle service at Acoma

### Saint Augustine Feast Day – Harvest Dance at Isleta Pueblo

#### Los Volcanes

Friday, September 4  
Check in 8:15 am • Return: 3:30 pm  
\$3 Transportation

### Pine Ridge Arabians

Join us for a tour of the Pine Ridge Arabians. Founded in 1968 by Paul and Carole, the Dearth's have been breeding Arabian horses for over 35 years. During that time they have bred, raised and trained national winners in many divisions.

#### Bear Canyon

Tuesday, September 8  
Check in: 8:15 am • Return: 3:00 pm  
Cost: \$3.00  
Lunch at your expense

### Catholic Church Tour

We will visit some of the oldest catholic churches in our state. Learn the history and enjoy the unique and striking architecture of each one.

#### North Valley

Tuesday, September 8  
Check in: 8:15 am • Return: 4:30 pm  
\$13 transportation

**SEPT., con't.**



## Salman Raspberry Ranch

The Salman Ranch has been growing raspberries since 1982, and opened their fields to the public in 1993. The berry harvest produces hundreds of flats of fresh handpicked berries that are sold at the Salman ranch store. You will also be able to pick your own berries at the U Pick it field.

### Bear Canyon

Thursday, September 10  
Check in: 8:00 am  
Return: 4:00 pm  
Cost: \$17.50  
Lunch at your expense

### Los Volcanes

Tuesday, September 29  
Check in 7:15 am • Return: 4:00 pm  
\$17.50 Transportation



## Rococo Sport Horses

Nestled just north of Albuquerque's city limits, in the green-belt area of the Rio Grande, lies the charming Village of Corrales. Designated the "Horse Capital of New Mexico," Corrales has more horses per capita than anywhere in the state. This oasis at the edge of town is home to Romance Arabians and now, Rococo Sport Horses...A lighter, livelier version of the Baroque...truly the best of both worlds! Lunch to follow at Village Pizza.

### Palo Duro

Friday, September 11  
Check in: 9:00 am • Return: 3:00 pm  
Cost: \$2.50



## Pie Town

In Americas great southwest, astride the Continental Divide, sits Pie Town, peacefully resting in west Central New Mexico. Pie town is found at mile marker 56, U.S. Hwy. 60. It is the home to the world renowned GOOD-PIE & has been featured in various television programs and national publications, such as the February 2005 Smithsonian Magazine and the Food Networks "Best Thing I ever Ate." If you are looking for a good piece of pie, Pie Town serves the best pies on the planet. We will be there just in time for their annual Pie Town festival.

### Los Volcanes

Saturday, September 12  
Check in: 8:00 am • Return: 4:00 pm  
\$17.50 transportation



## Salsa Fest

Save the date! Taste the flavors, feel the rhythms, and dance to the sounds of salsa during the 11th Annual Historic Old Town Salsa Fiesta!

### Manzano Mesa

Saturday, September 12  
Check In: 10:00 am • Return: 3:00 pm  
Cost \$1.50

### North Valley

Saturday, September 12  
Check in: 10:00 am • Return: 4:00 pm  
\$1.50 transportation

Research your family history when you join the Genealogy Club!  
**See page 29**



## NM State Fair

Enjoy the day at the State Fair with lots of food, art and much more.

### Bear Canyon

Friday, September 11  
Check in: 9:00 am Return: 3:00 pm  
Cost: \$1.50

### Highland

Monday, September 14  
Check In: 9:00 am • Return: 2:00 pm  
Cost: \$1.50

### Los Volcanes

Monday, September 14  
Check in 8:15 am Return: 3:30 pm  
\$1.50

### Manzano Mesa

Monday, September 14  
Check In: 9:00am • Return: 2:00 pm  
Cost: \$1.50

### North Domingo Baca

Monday, September 14  
Check in: 8:30 am • Return: 3:00 pm  
Cost: \$1.50

### North Valley

Monday, September 18  
Check in: 8:45 • Return: 3:00 pm  
\$1.50



## McAllister's Deli, Uptown

Enjoy shopping and lunch.

### North Domingo Baca

Wednesday, Sept. 16  
Check in: 8:30 am • Return: 1:00 pm  
Cost: \$2



## Tent Rocks National Monument

These remarkable cone shaped rocks are located on the Pajarito Plateau in North Central New Mexico near Cochiti. These rocks were formed by volcanic eruptions that occurred millions of years ago.

### Barelas

Thursday, September 17  
Check in: 8:30 • Return: 4:00 pm  
\$8 transportation, bring a sack lunch





### The ultimate coffee tasting experience with Piñon Coffee

Our fun and informative Coffee 101 class includes: Cupping (the practice of experiencing the tastes and aromas of brewed coffee). Roasting (you'll learn the different roasting terms and get to participate in actual coffee roasting). Fun facts about coffee and its history plus a 25% discount towards any purchase you make on the day of your class. Receive a FREE gift with your seminar attendance.

#### Manzano Mesa

Thursday, September 17  
Check in: 9:15 am • Return: 2:30 pm  
Cost: \$2.00 transportation

### Riverbend Hot Springs Mineral Springs Resort & Spa

Long considered sacred by the Apache and Mimbres Tribes of Southern New Mexico, the natural, mineral rich water of Riverbend Hot Springs has been relaxing and rejuvenating. Now we bring you these legendary waters from our gorgeous riverside locale in the historic downtown district of Truth or Consequences (formerly Hot Springs, NM). Join New Mexico's only hot springs spa on the banks of the Rio Grande. You will be treated to a 50-minute soak.

#### Barelas

Tuesday, September 22  
Check in: 8:00 am • Return: 5:00 pm  
\$17 transportation



### Tinkertown Museum

Enjoy a trip to the Sandia Mountains and enjoy a visit to Tinkertown Museum, a fantastic and enchanted assortment of miniature, animated Western Scenes. There's a wall made of bottles and numerous memorabilia that will take you back a few years! The gift shop alone is worth the visit!

#### Bear Canyon

Tuesday, September 22  
Check in: 8:30 am • Return: 2:00 pm  
Cost: \$3.50, transportation  
Lunch at your expense at local restaurant

### Gilly's Hatch Valley Chile Company

#1 Hatch Green Chile Peppers, salsa, enchilada sauce & roasted pepper. Gilly's Hatch Fresh Green Chile is one of the favorites. Try it for yourself.

#### Los Volcanes

Thursday, September 24  
Check in: 7:30 am  
Return: 7:00 pm  
\$11 transportation  
Lunch & purchase cost at your own expense



### UNM Campus Observatory

We will have dinner at the Frontier Restaurant then go to The University of New Mexico's Campus Observatory, which contains a 14-inch telescope with CCD camera inside its protective dome. When not stargazing, the observatory assists in faculty research in areas such as cosmology, galactic astronomy and solar physics.

#### Highland

Friday, September 25  
Check In: 5:00 pm • Return: 9:00 pm  
Cost: \$1.50



### Ernie Pyle Library House

The Ernie Pyle Library houses a small collection of adult and children's books, as well as Pyle memorabilia and archives. Although the house is an active branch library, its appearance as a home was carefully preserved. Both the interior room configuration and the landscaping, even the picket fence built by Pyle and the grave marker of his dog, Cheetah, have been preserved. The house was listed on the National Register of Historic Places

on September 22, 1997, and designated a National Historic Landmark on September 20, 2006. After a brief tour we will stop for lunch near UNM.

#### Palo Duro

Friday, September 25  
Check in: 9:00 am • Return: 2:00 pm  
Cost: \$2.00

### Corrales Harvest Festival

Join us for a fun day at the festival. You'll enjoy a pet parade, fun run, crafts, food, and kid events, Wagner's Corn Maze, pumpkin patch & more.

#### Los Volcanes

Saturday, September 26  
Check in: 9:30 am • Return: 2:00 pm  
\$3 Transportation, Lunch & purchase cost at your own expense



### Thunderbird Express Train Ride

Ride the Train! This ride of 1.5 miles along the Rio Grande Bosque connects the Aquarium and Botanical Gardens with the Zoo. This train ride takes 1 hour and will be a great time to see the leaves on the trees in the Bosque and admire the ducks at Tingly Beach. Lunch will be at a nearby restaurant to following the train ride.

#### Highland

Wednesday, September 30  
Check In: 9:15 am • Return: 2:00 pm  
Cost: \$1.50



**GET  
INTO  
THE  
ACT!!**



Take those dancing shoes out of the closet and join us for a fun time dancing to your favorite tunes!

**LIVE MUSIC!!**

Call your center for dates and times.

## OCTOBER

### Walkin' N Circles Ranch

New Mexico Horse Rescue at Walkin N Circles Ranch, Inc. (WNCR) exists to rescue, rehabilitate, and provide proper care and humane treatment to unwanted, abused and abandoned horses! Our purpose is to provide each rescued horse humane and caring attention in which fear and pain are left at the front gate. Following a total assessment, gentle rehabilitation and/or retraining, and a rigorous screening process, we endeavor to find loving adoptive homes for each of our rescued horses. Our primary objective is to provide each rescued horse a chance for a new start in a useful and productive life. Lunch at a nearby restaurant.

#### Palo Duro

Thursday, October 1  
Check in: 9:00 am • Return: 4:00 pm  
Cost: \$5.50



### Rio Grande Zoo

Join us for a docent led tour of the zoo! Hear the stories of how and why we have the animals we do. See the zoo babies and learn lots of fun facts! Pack a lunch or eat at the café. Come be in the know.

#### Manzano Mesa

Thursday October 1  
Check in 8:45 am • Return: 3:00 pm  
Cost \$1.50 + Admission Fee  
Cost: \$ 6.00



### Harvest Festival El Rancho de Los Golondrinas

Join us for the most popular event of El Rancho de Las Golondrinas! Watch the villagers crush grapes for wine, make tortillas, bake fresh bread, string

ristras and much more. Please wear comfortable walking shoes, hat, and sunscreen.

#### Bear Canyon

Saturday, October 3  
Check in: 9:00 am Return: 3:00 pm  
Cost: \$6.00 Lunch at your expense

#### Highland

Saturday, October 3  
Check In: 9:30 am • Return: 4:00 pm  
Cost: \$ 6.00

#### Los Volcanes

Saturday, October 3  
Check in 9:00 am Return 3:30 pm  
\$6 Transportation/\$6 Admission

#### North Valley

Saturday, October 3  
Check in: 9:30 am • Return: 4:00 pm  
\$6 transportation



### Estrella del Norte Vineyard – Wine Tasting

Come enjoy a wine tasting at an exclusive wine tasting room!

#### Barelas

Tuesday, October 6  
Check in: 9:15 am • Return: 4:00 pm  
\$8.00 transportation, \$6 + tax at Winery, lunch at your own expense

### Corrales Wine Loop

#### Los Volcanes

Thursday, October 8  
Check in 10:30 am • Return 5:00 pm  
\$4 Transportation  
\$8 Admission



### Albuquerque Wholesale Florist

Flower lovers, come take a brief tour of our wholesale reseller to see how they ship and where the bloom come from (please note they do not sell to individuals).

#### Manzano Mesa

Thursday, October 8  
Check In: 10:15 am • Return: 2:00 pm  
Cost: \$1.50

### Special Shapes Glowdeo

The event is now known as "balloon glows" were invented in Albuquerque in 1979, when local pilots inflated balloons on Christmas Eve night as a "Thank You" to local residents. The sight of balloons lit from within at night like giant holiday ornaments is breathtaking, and "Glow" events are now held all over the world.

#### Barelas, Thursday, October 8

Check in: 3:00 • Return: 8:30 pm  
\$3.25 transportation,  
\$8 gate admission

#### North Valley

Thursday, October 8  
4:30-8:30 pm  
\$3.25 transportation

### Canyon Road-Santa Fe

You can stroll through this historical neighborhood, shop for art and have lunch at one of the restaurants along the way.

#### Palo Duro

Friday, October 9  
Check in: 9:00 am • Return: 4:00 pm  
Cost: \$7.50

### Bowling at Silva Lanes

When is the last time you went bowling? Get away from the hustle and bustle and join us for this leisure activity. Three games for \$5.25.

#### North Domingo Baca

Tuesday, October 13  
Check in: 10:30am  
Return: 3:00pm  
Cost: \$1.75



### Fractal Maze

The Rio Grande Community Farm creates a corn maze each year, always in a different fractal shape. Finding your way through it is a lot of fun, and takes planning, skill and a little bit of luck. In addition to the corn maze, there is a pumpkin patch, hay bale city, farm

Check out the  
Mystery Book Club  
See Page 29





animals and educational activities. Followed by lunch in the North Valley area.

#### Manzano Mesa

Friday, October 16  
Check in 9:45 am • Return: 4:00 pm  
Cost \$1.50 Transportation,  
\$5.00 Admission Fee



#### Highroad to Taos

Enjoy the autumn gold of the aspen trees on this leisurely drive through historic villages of the Sangre de Cristo Mountains, including Córdova, Truchas, Las Trampas, and Picurís Pueblo, followed by lunch in Taos. We'll return by way of the picturesque Taos Gorge and the Española Valley.

#### Highland

Wednesday, October 14  
Check In: 8:00 am • Return: 6:00 pm  
Cost: \$14.50



#### Rail Runner to Santa Fe

Join us on the Rail Runner Express as we zip through ancient pueblo land with stunning scenery. Spend the day in Santa Fe's historic Plaza, for food, shopping, museums and galleries.

#### Bear Canyon

Wednesday, October 14  
Check in: 9:00 am • Return: 6:00 pm  
Cost: \$3.00, \$7.00 Day Pass and lunch at your own expense

#### Changing of the Leaves at the Santa Fe Ski Basin

We will drive up the Santa Fe Ski basin to view the beautiful changing colors of the leaves. Bring warm clothes and comfortable shoes. Lunch will follow at one of Santa Fe's popular restaurants.

#### North Valley

Friday, October 9  
Check in: 8:15 am • Return: 5:00 pm  
\$9 transportation



#### Maxwell Museum of Anthropology - Ancestors Exhibit

Join us for a guided tour of UNM's Maxwell Museum of Anthropology Ancestors exhibit-representing approximately 4 million years of human history through the biological changes and cultural turning points that make us distinctly human.

#### Bear Canyon

Tuesday, October 20  
Check in: 9:00 am • Return: 2:00 pm  
Cost: \$2.00, Lunch at your expense at local restaurant

#### NM Governor's Residence Tour

Join us for a tour of The New Mexico Governor's Residence, the official residence of the Governor of New Mexico and her family. The current structure, located at 1 Mansion Drive in Santa Fe, New Mexico, has served as the Governor's official residence since 1954. It is the third home to serve this function.

#### Bear Canyon

Tuesday, October 27  
Check in: 9:30 am • Return: 4:00 pm  
Cost: \$8.00, Lunch at your expense at local restaurant

#### Carrizozo Museum & White Oaks Ghost Town

Visit the museum that was once an ice plant that provided block ice for many wooden or tin "ice boxes" in Carrizozo's past. It features a typical one-room school; artifacts of Carrizozo's railroad and ranching history. After lunch we will swing over to White Oaks Ghost Town – School House Museum where you will find artifacts from the late 1800's where gold was once discovered and people came from all over to seek their fortunes.

#### Barelas

Tuesday, October 20  
Check in: 7:30 am • Return: 5:00 pm  
\$16.25 transportation



#### Ojo Caliente

Long before the Spaniards described it as the "hot eye" of a deep volcanic aquifer, and even before the early Indian peoples gathered at these ancient springs, the waters have been flowing steadily from a source deep below the earth's surface. Ojo Caliente is the only natural hot springs in the world with the remarkable combination of five bubbling waters. Each is pleasantly pleasing to your senses. The fee includes access to all the pools and steam baths all day.

#### Los Volcanes

Tuesday, November 3  
Check in 6:45 am • Return: 7:00 pm  
\$14.50 transportation/ \$21.43 Mineral Bath, extra services are available. The entrance to the mineral baths are at your own expense. Bring your own lunch or purchase lunch at the Artesian Restaurant.

#### North Domingo Baca

Thursday, November 19  
Check in: 8:00 am • Return: 6:00 pm  
Cost: \$14

#### Special Collections Library

The 1925 Pueblo/Spanish Revival-style building is a registered Albuquerque landmark in the historic Huning Highlands Neighborhood.

#### Highland

Thursday, November 5  
Check In: 9:30 am • Return: 2:00 pm  
Cost: \$1.50

#### Dixon Studio Tour 2015

The Dixon Studio Tour is one of the oldest continuously run studio tours in the state. Dixon, nestled in the Embudo Valley in Northern New Mexico where the Rio Embudo flows into the Rio Grande, has been long known for its rich Native American and Hispanic heritage. Come and wander among the orchard sand, visit the open studios, and local businesses featuring a

*Continued on Page 66...*

## NOV., con't.

full spectrum of contemporary and traditional fine art and crafts.

### North Domingo Baca

Saturday, November 7

Check in: 8:00am • Return: 3:00pm  
Cost: \$12



### Very Large Array

Radio telescopes are used to study naturally-occurring radio light from stars, galaxies, black holes, and other astronomical objects and are used to transmit and reflect radio light off of planetary bodies in our solar system. Take a behind-the-scenes tour and learn about one of the world's premier astronomical radio observatories.

### Barelas

Saturday, November 7

Check in: 8:30 am • Return: 5:00 pm  
\$14.00 transportation



### Santa Fe National Cemetery

We will visit this historical Santa Fe property. This is an opportunity to visit the resting place of a loved one at the Santa Fe National Cemetery. Afterwards, we will visit the plaza.

### Bear Canyon

Tuesday, November 10

Check in: 9:00 am • Return: 4:00 pm  
Cost: \$7.00

Lunch at your expense at local restaurant

### Wine by Design

Drink a glass of our premium New Mexican wine, (or have a nonalcoholic

beverage) socialize with friends and enjoy the good vibes while we lead you step-by-step through the process of completing your own colorful yet uncomplicated painting. Regardless of whether or not this is your 1st or 50th painting, everyone leaves with a canvas in hand feeling like an artist! We provide all supplies including an apron.

### Manzano Mesa

Thursday, November 12

Cost \$2.50 Transportation, \$25 for class and materials

Check in 12:45 pm • Return: 4:00 pm

### The Ladd S. Gordon Bernardo-Waterfowl Complex

This is a great area for winter viewing of migrating birds. This Bernardo Waterfowl area is special as it contains a three mile vehicle tour loop and three elevated viewing and photography platforms.

### North Valley

Thursday, November 12

Check in: 8:30 am • Return: 5:00 pm  
\$6.50 transportation

### Valle de Oro

This refuge offers a unique environmental education and recreation opportunity in a highly populated area while promoting a wildlife conservation message. It is part of the National Wildlife Refuge System, a national network of lands and waters managed for the benefit of the wildlife, habitat and you.

### Highland

Saturday, November 14

Check In: 10:30 am • Return: 4:30 pm  
Cost: \$1.50



### Atomic STEaM Photography Show

The National Museum of Nuclear Science & History will host the "Atomic STEaM Photography Show" a special photo art exhibit, on display. Individuals, both local and from all over the world, shared their photographic tal-

ent and eye for everything science, technology, engineering, art and mathematics (STEaM), and a select number of photographs were chosen through the juried competition to be displayed at the Museum. After the museum we will stop for lunch at Golden Corral.

### Palo Duro

Friday, November 20

Check in: 9:00 am • Return: 3:00 pm  
Cost: \$3.00 transportation & \$10 admission 60+, 59 and under \$12

### Winter Spanish Market

Join us for award winning art, food, demonstrations and live entertainment at the annual Winter Spanish Market at the Hotel Albuquerque.

### North Valley

Friday, November 27

Check in: 9:30 am • Return: 3:30 pm  
\$1.50 transportation

## DECEMBER

### Lighting of the Christmas Tree in Old Town

The luminarias and twinkle lights fill the air, featuring live music and other entertainment, delicious aromas of hot chocolate and spicy treats wafting from area shops and restaurants, and the opportunity to shop for unique gifts at Old Town's many shops and galleries; many offering special discounts.

### Barelas

Friday, December 4

\$1.50 transportation

Check in: 4:15 pm – Return: 9:30 pm

### Manzano Mesa

Friday, December 4

Cost \$1.50 transportation

Check in 4:15 pm • Return: 8:30 pm

### North Valley

Friday, December 4

Cost \$1.50 transportation

Check in: 4:30 pm • Return: 8:00 pm







### Old Town Holiday Stroll

Join us for the annual lighting of the Christmas Tree in Don Luis Plaza. Enjoy a delightful evening of entertainment, dining and shopping. The luminarias and twinkle lights fill the air with Holiday spirit during this classic and time-honored Albuquerque Event.

#### Bear Canyon

Friday, December 4  
Check in: 3:45 pm • Return: 9:00 pm  
Cost: \$2.00  
Dinner at your expense

### Popcorn Cannery

Where popcorn is perfectly popped! Treat yourself to any number of flavored popcorns that are packed in decorative cans, just right for holiday giving.

#### Highland

Friday, December 4  
Check In: 9:00 am • Return: 2:00 pm  
Cost: \$1.50  
Lunch at your own expense

### Christmas in Madrid

We will start off with the annual Holiday parade down main street. Afterwards you can enjoy shopping at the unique shops, galleries and/ or have dinner at one of Madrid's restaurants.

#### Bear Canyon

Saturday, December 5  
Check in: 2:00 pm • Return: 9:00 pm  
Cost: \$7.00  
Dinner at your expense

#### Los Volcanes

Saturday, December 5  
Check in 2:00 pm • Return: 9:00 pm  
\$7.00 Transportation

### River of Lights

Enjoy the magic of millions of twinkling lights and dazzling holiday displays at New Mexico's largest walk-through light show!

#### Bear Canyon

Wednesday, December 16  
Check in: 4:45 pm • Return: 10:00 pm  
Cost: \$3.00, \$10 admission and dinner at your own expense

#### Los Volcanes

Thursday, December 11  
Check in 4:45 pm • Return: 9:00 pm  
\$3 Transportation, \$10 Admission

#### North Valley

Friday, December 18  
Check in: 4:00 • Return: 9:00 pm  
\$3 transportation

### Christmas at Kuaua – Coronado State Park

Join us for a special evening of music and Native American dancers around a bonfire, and take a farolito tour (side-walks lined with paper bags illuminated with candles) through the ruins along the main loop trail, and enjoy refreshments.

#### Barelas

Sunday, December 6  
Check in: 2:30 pm • Return: 9:00 pm  
\$3.25 transportation

### Bugg Light Display in Belen

This festive display of light represents myriad memories for many generations, but most of all, it is a much-anticipated local Christmas tradition. Bugg lights now take center stage at the Harvey House Museum in Belen.

#### Highland

Wednesday, December 9  
Check In: 3:30 pm • Return: 9:30 pm  
Cost: \$ 5.50

### The New Mexico Piñon Coffee Experience

The New Mexico Coffee Experience is a unique opportunity for visitors to learn about coffee and to see the inner workings of a local coffee producer. Attendees will be given a tour of NMPC facilities, take part in an official coffee cupping, and be given an introductory course all about coffee. As part of the tour, visitors will be able to participate in roasting and packaging their very



own bag of piñon coffee. The coffee course will cover the history of NMPC, different coffee regions and origins, the different roast and taste qualities of coffee, a guide to home brewing and a guide to coffee shop menu deciphering. Guest will be given a discount on purchase, a parting gift and their own bag of piñon coffee. After our tour we will have lunch somewhere in the North Valley.

#### Palo Duro

Saturday, December 12  
Check in: 9:00 am • Return: 2:30 pm  
Cost: \$2.00 transportation

CITY OF ALBUQUERQUE BERNALILLO COUNTY  
DEPARTMENT OF SENIOR AFFAIRS

## 2015 VOLUNTEER OF THE YEAR

### *Congratulations*

The City of Albuquerque Department of Senior Affairs Retired Senior Volunteer Program (RSVP) 2015 Volunteer of the Year Award – Mr. Thomas Ware

Mr. Ware volunteered approximately 900 hours this year at Barelas Senior Center, Highland Senior Center, Los Volcanes Senior Center, North Valley Senior Center, and the Pajarito Meal Site!  
Congratulations & Thank You!

# ADOBE THEATER

The  
Sunshine  
Boys

By  
Neil  
Simon

**Bear Canyon** - Sunday, July 12  
Check in: 12:45 pm • Return: 5:00 pm      Cost: \$13.50



<b>Bear Canyon</b> - Sunday, August 23	Check in: 12:45 am Return: 5:00 pm	Cost: \$13.50
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# A CRACK IN THE WALL

**Bear Canyon** - Sunday, October 4  
Check in: 12:45 pm • Return: 5:00 pm      Cost: \$13.50



**Bear Canyon** - Sunday, November 15      Check in: 12:45 pm • Return: 5:00 pm      Cost: \$13.50

## La Finta Giardiniera

If you think love is enough to drive a person crazy, meet the hapless lovers chasing each other amid the musical abundance of Mozart's early comic opera *La Finta Giardiniera*, "the phony gardener."

Two colorful, abstract masks are shown side-by-side. The mask on the left is primarily blue and green with a smiling expression. The mask on the right is primarily red and orange with a frowning expression. Both masks have a similar shape and are set against a dark background.

Cost: \$68.00 (includes coach transportation and tickets.)



# barelas hub



*Barelas Senior Center*



*Barelas Community Center*

What is happening in the Barelas Hub, one of the city's oldest neighborhoods? New and exciting activities are happening between the Barelas Senior Center and the Barelas Community Center. It's an opportunity for children and seniors to come together. Please join us for the following events and activities!

## Pickleball Fun Day

Pickleball is a cross between tennis, table tennis and badminton. It is played on a court slightly smaller than a tennis court with wooden paddles and a plastic whiffle ball. The object of the game is to hit the ball so that your opponent is unable to hit it back over the net. We'll have some fun and enjoy some refreshments afterwards.

**Barelas Community Center**  
Monday, June 22  
9:30 – 11:30 am



## Line Dancing

Join us for some fun learning different dance steps! No partner required!

**Barelas Senior Center**  
Thursday, July 23  
3:30 • 4:30 pm



## Tortilla Making

Do you remember growing up watching Grandma or Grandpa making tortillas and sharing stories of "the good old days?" Join us for this fun class. We'll find out who can roll the roundest tortilla and then eat our nice warm tortillas with some melted butter or some green chile!

**Barelas Community Center**  
Friday, July 24  
9:00 am • 12:00 pm



## Barelas 2nd Annual Fall Fiesta

Bienvenidos! Enjoy the history and traditions of Barelas with live entertainment, children's activities, food, music and dancing in the Hub of Barelas! Fun for the whole family!

**Barelas, Barelas Park**  
Saturday, September 19  
10:00 am - 2:00 pm

## Holiday Arts & Crafts Fair

Join us for our 1st arts and crafts event! Come and sell or do some shopping. This is a good opportunity for you to find some treasures; perfect for holiday gift giving! Refreshments will also be available for purchase. Tables will be for rent for vendors. More details to be announced.

**Barelas Community Center**  
Saturday, November 21  
9:00 am • 3:00 pm

## Las Posadas de Barelas

This event begins at the Barelas Community Center and winds its way through the neighborhood. The procession includes angels, shepherds, kings and choirs of heavenly voices. The procession reenacts the journey of Mary and Joseph looking for shelter, as they travel the streets of Barelas. Refreshments will be served after the procession.

**Barelas Community Center**  
TBA



## Holiday Ornament Making

We will have an ornament making class using ceramics pieces. Get into the holiday spirit by creating your own special Christmas ornament.

**Barelas Senior Center**  
Tuesday, December 22  
TBA



**20<sup>th</sup> ANNUAL**

**PRIME TIME  
PUBLISHING**

**PRIME TIME  
50+  
EXPO**

**Coming October 2015!**

Thursday, October 8th, 8:30am to 2:30pm @ Embassy Suites  
(Lomas & I-25)

**Food, Fun, Health Screenings & Entertainment**



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**EVENT CONTEST:**  
Enter to win "Valley of Fires"  
a print by local artist Robert Benjamin

**For More Information Call 505-880-0470**



# VOLUNTEER

Senior Corps Volunteers contribute over 232,000 hours to our community annually; this translates to a contribution valued at approximately \$4.7 million dollars!\*

\* Value of Volunteer Time according to the Independent Sector in NM in 2014 is \$20.13 per hour. For information call 767-5225



## Department of Senior Affairs Transportation Nutrition Division:

Volunteer Drivers are needed to provide transportation for seniors to and from various meal sites, medical appointments, and grocery shopping for daily, four- hour shifts; Monday – Friday.

## Meals on Wheels of Albuquerque:

Kitchen volunteers are needed any day Monday through Friday from 9 am-11am. Volunteer Drivers are needed to deliver meals (Use of personal vehicle required).

## Catholic Charities:

Volunteer Drivers are needed to provide door to door transportation services to

seniors for medical appointments and grocery shopping. Use of personal vehicle is required; agency gives mileage reimbursements.

## Adelante Development Center Benefits Counseling Center:

Volunteers are needed to assist seniors and persons with disabilities in determining eligibility and enrollment for subsidized benefit programs. Training will be provided. Skills: Call for details.

## Alzheimer's Association:

Must have the ability to perform various clerical duties and other assignments. Flexible work days are available.

## Ronald McDonald House:

Family Room Volunteers are needed to greet and sign in families, maintain laundry room, stock food and drinks, and help families with their needs.

## Ombudsman Program:

Volunteer Advocates are needed for residents in nursing homes and assisted living facilities.

## The Foster Grandparent Program Advisory Council:

Council members are needed to advocate on behalf of volunteers, evaluate Program effectiveness, and assist in the recognition of volunteers by raising funds and resources.

*Are you 55 years of age or older?  
Would you like an opportunity  
to help your community?*

Senior Corps Volunteers receive supplemental insurance and transportation reimbursements!



## Senior Companions

### Make Independence A Reality

Senior Companions are healthy older adults who help other adults live independently and can provide support to family caregivers. They assist with grocery shopping and other daily tasks necessary to maintaining independent living. Senior Companions serve an average of 20 hours per week, may qualify for a tax free stipend, and receive assistance for meals & transportation costs. You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend.

YOU HAVE A NEIGHBOR WHO NEEDS A HELPING HAND

For information call 764-1612

## Foster Grandparents

### Share Today. Shape Tomorrow

Foster Grandparents serve as tutors and mentors assisting children with special and exceptional needs. Foster Grandparents serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax free stipend.

Over 80 Foster Grandparents contribute 80,000 hours of service each year. Foster Grandparents serve in more than 40 sites in Albuquerque, including Elementary Schools, City of Albuquerque Child Development Centers, Head Start Programs, and Community Programs.

The Foster Grandparent Program goals are to enable Foster Grandparents to remain active through participation in meaningful placements and needed community service. Children receive the necessary attention for educational, social, & emotional development.

For information call 764-6412

Senior Corps is a division of the Corporation for National & Community Service, is jointly administered by New Mexico Aging & Long-Term Services Department, and is sponsored locally by the City of Albuquerque Department of Senior Affairs.

## RSVP

### Lead With Experience

RSVP recruits and places volunteers in government and non-profit organizations to meet community needs.

With RSVP, you choose how much time you want to give and whether you want to share your skills or develop new skills.

For information call 767-5225



Corporation for  
**NATIONAL & COMMUNITY SERVICE**







BlueCross BlueShield of New Mexico

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# \$0 Monthly premium for Medicare Advantage?

**Yes!** Our **Blue Cross Medicare Advantage<sup>SM</sup>** plans offer all of the coverage of Original Medicare, plus:

- Built-in prescription drug coverage
- SilverSneakers®\* Fitness Program
- 24-hour nurse call line
- Travel benefits

## Call us to learn more:



**By phone:** 1-866-597-6505 • TTY/TDD 711

We are open 8 a.m. - 8 p.m., local time, 7 days a week. If you are calling from February 15 - September 30, alternate technologies (for example, voicemail) will be used on the weekends and holidays.



**Online:** [bcbsnm.com/medicare](http://bcbsnm.com/medicare)

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\* SilverSneakers® is a registered mark of Healthways, Inc. Healthways SilverSneakers® Fitness Program is a wellness program owned and operated by Healthways, Inc, an independent company.

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/co-insurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium.

Blue Cross and Blue Shield of New Mexico offers Blue Cross Medicare Advantage (HMO)<sup>SM</sup>, Blue Cross Medicare Advantage (HMO-POS)<sup>SM</sup> and Blue Cross Medicare Advantage (PPO)<sup>SM</sup>.

HMO, HMO-POS and SNP plans available in Bernalillo, Sandoval, Torrance, and Valencia counties. PPO plans available in Bernalillo, Cibola, Guadalupe, Los Alamos, Mora, Rio Arriba, San Miguel, Sandoval, Santa Fe, Socorro, Torrance, and Valencia counties.

HMO, HMO-POS and PPO plans are provided by Blue Cross and Blue Shield of New Mexico, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC), an independent licensee of the Blue Cross and Blue Shield Association. HCSC is a Medicare Advantage organization with a Medicare contract. Enrollment in HCSC's plans depends on contract renewal.

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**A Catalog of Classes, Special Events, Support Groups, Trips, Fitness Activities and MUCH MORE!!**